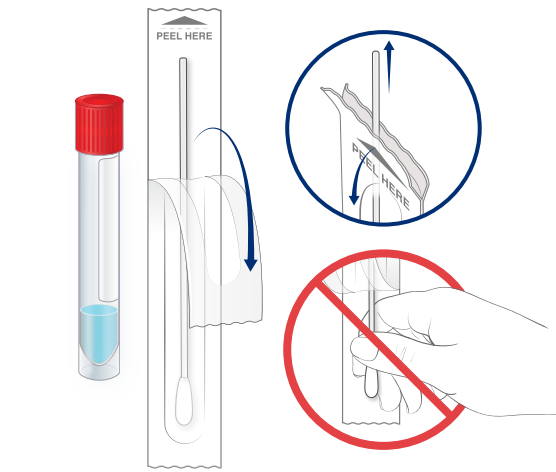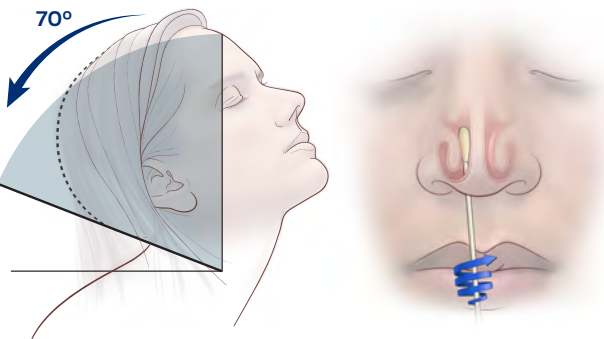# Instructions for Nasal Swab Self-Collection: COVID-19 Testing

You have been ordered a COVID-19 test using our self-collection process. Please follow the instructions below carefully to obtain a quality specimen. Please check your full name and date of birth on the label. If this information is incorrect, please return it to a staff member. You will receive results in MyChart within 24-48 hour of collection.
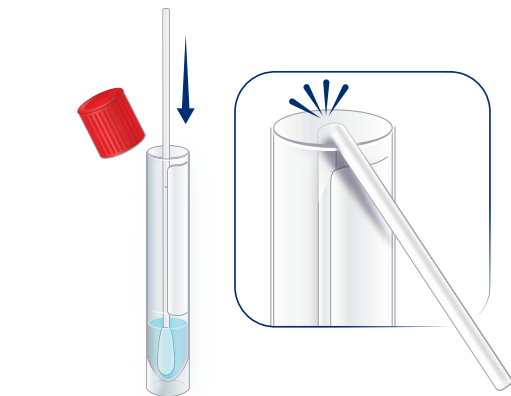
1 Open Nasal Swab Package

· Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart.
· Be careful to only touch the swab handle
· Do not touch the swab tip

2 Swab your Nose

· Tilt your head back 70 degrees
· Gently insert the entire soft tip of the swab (about 1 inch) into one nostril until you feel a bit of resistance.
· Rub the walls of the nostril in a **circular** pattern for five (5) seconds.
· Next, gently insert the same swab into the other nostril and do the same circular swabbing.

5 sec in each nostril

3 Put the swab into the Transport Tube

· Lower the swab, tip first, into the provided tube.
· Once the tip is near the bottom, break the notched swab in half by bending the swab handle back and forth.
· Screw the Cap onto the tube tightly. This step is very important. If your specimen vial leaks, you will have to repeat the test.

4 Place the transport tube into the biohazard bag

· Place the specimen into the first Biohazard transport bag and zip it shut.
· Place this bag inside the second bag and zip it shut.
· Deposit specimen in designated receptacle or hand to staff

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