

collection instructions

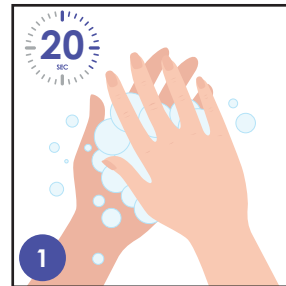
Stay in the car.

We will check you in and give you the collection kit.

Follow our simple steps for self-collection with our Easy, No-pain Swab!

collection steps
1. Sanitize your hands.

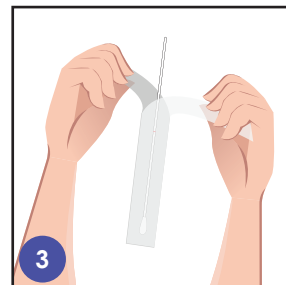
Clean your hands with hand sanitizer for 20 seconds.


2. Blow your nose.

We will hand a tissue to blow your nose to ensure a good cellular collection.


3. Open nasal swab.

Remove the swab from packaging by pulling the two ends apart (like a bandage). Make sure you *DO NOT* touch the soft tip with your hands or any surface.


4. Swab nose to collect sample. Both nostrils!

- a. Insert and gently place the entire soft tip of the swab into one nostril until you feel resistance (about $\frac{1}{2}$ to $\frac{3}{8}$ inches)
- b. Place gentle pressure with your finger on the soft tip from the outside of the nostril.
- c. Rotate the swab in a circle 4 times inside your nostril while applying gentle pressure. Keep it still for 10 seconds before removing.
- d. Repeat by placing the same swab into the other nostril and circle 4 more times. Keep it still for 10 seconds.


5. Return the sample.

- a. Place the swab in the sterile tube and snap off the end of the swab at the break line, so that it fits comfortably in the tube. Place the cap on the tube and screw down tightly to prevent leakage.
- b. Hand the swab to the testing personnel. All done!

