

**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.**

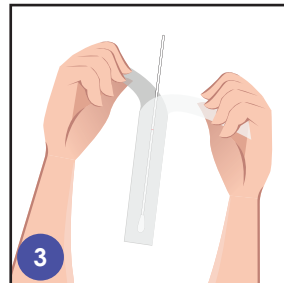
Clean your hands with hand sanitizer for 20 seconds.


**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.**

Hand the swab to the testing personnel. All done!

