



## Nasal Swab Collection Instructions



### Collection Tips:

- Prior to collecting, please blow your nose and check for any potential obstructions.
- Ensure the area in which you are testing has been disinfected to create a sterile environment.
- Double check to ensure the collection tube has been filled out with the date and time of collection.

### What Happens Next:

1. Once your sample is received and passes the quality check, the lab will begin to process your sample.
2. A board-certified physician will review your results and securely transmit them back to us.
3. You will receive an email as soon as your results are ready

# Getting Started

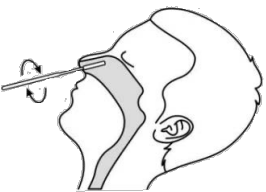
Accurate results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

## Step 1: Prep



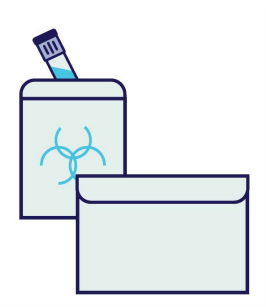
1. Lay out all the contents of your kit.
2. Fill out the barcode on the collection vial with the time and date of collection.
3. Wash hands with soap and water prior to collection. If not available, hand sanitizer will suffice.

## Step 2: Collect



1. Remove the swab from the packaging, ensuring hands do not touch the tip of the swab.
2. Tilt your head back to a 70 degree angle.
3. Insert the tip of the swab into your nostril (not more than 1 inch) or until you feel resistance.
4. Slowly rotate the swab 5x times, gently rubbing it along the insides of your nasal passage.
5. Gently remove the swab from your nostril.
6. Repeat steps 3-5 in your other nostril using the same swab.

## Step 3: Return



1. Unscrew and remove the cap from the collection tube, careful to not spill any of the liquid.
2. Insert the swab into the collection tube. Bend the swab shaft at the breakpoint mark to break off the excess shaft.
3. Replace cap onto the collection tube and tightly seal.
4. Place the collection tube into the biohazard bag with the absorbent pad, then seal the bag.
5. Enclose the biohazard bag within the crush-proof box, and place it into the return shipping envelope.
6. Ship the specimen to the lab.