Swab Instructions
# Mid-turbinate self-swab nasal specimen collection

We know you aren't feeling well. Thank you for your participation. With your help, we want to understand whether people can test themselves for COVID-19 without assistance from a clinician.

These kinds of tests could one day become available for at-home swabbing for COVID-19 and other diseases like it. We appreciate your time and attention to the instructions below.

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1 Open nasal swab

Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart where it says **PEEL HERE.**
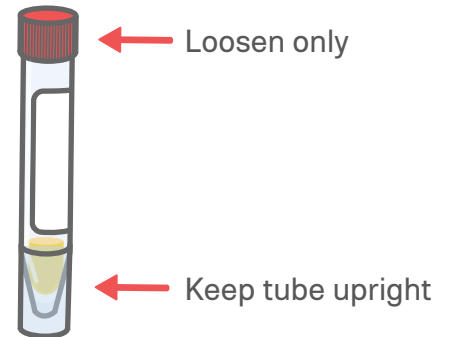
Be careful to **only touch the handle,** not the tip.

Handle

Breakpoint

Safety stopper

Tip

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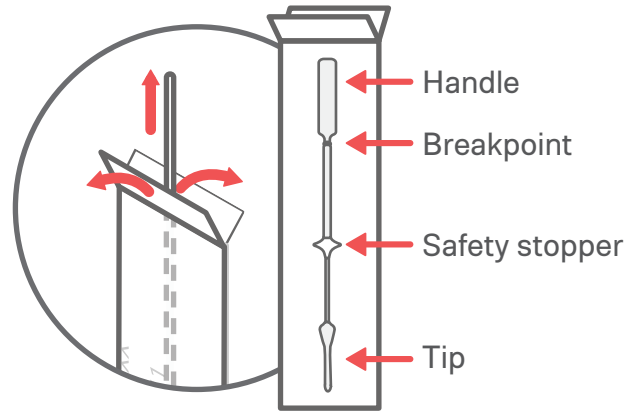
2 Loosen cap on tube

Slightly loosen the red cap from the tube so it's easier to open later. Place it in a safe location where it won't spill – there is liquid inside.

(You'll be putting your swab into this tube when finished.)

Loosen only

Keep tube upright

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3 Swab nose

Tilt your head back, look up at the ceiling, and gently insert the soft tip of the swab into one nostril until the safety stopper touches the edge of your nostril. Gently twist the handle in a circular motion **for 15 seconds.**

Next, gently insert **the same swab** into the other nostril and repeat the same 15-second procedure.

15 sec.
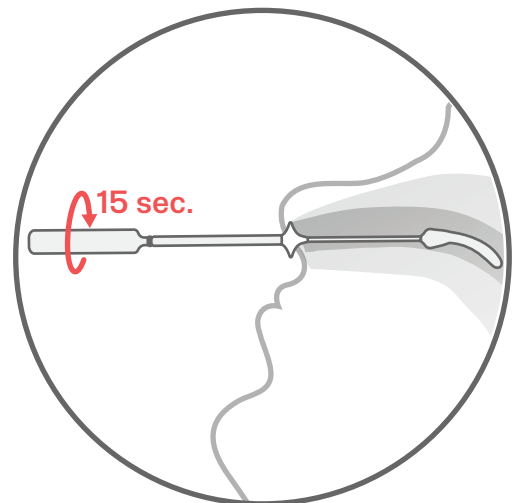
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4 Put swab in tube

Lower the swab, tip first, into the provided tube.

Once the tip is at the bottom, break the swab handle at the swab breakpoint by bending back and forth.

Screw the red cap on tightly and hand it to the clinician.