**Before you begin:** Plan the timing of your sample collection. It is important to drop off the sample promptly at one of the pick-up locations.

**A video version of these directions is available at:** [https://www.youtube.com/watch?v=EnD1SVZc9j4](https://www.youtube.com/watch?v=EnD1SVZc9j4)

### COLLECTION SUPPLIES

- Swab
- Absorbent sheet
- Sample tube
- Biohazard bag

### 1. WASH OR SANITIZE HANDS

### 2. SPECIMEN COLLECTION

a. Check to make sure you are using the kit with today’s date.

b. Peel open the swab carefully. Do not touch the swab head or set it down.

c. Insert the swab about ½ to ⅔ inch into the nostril. Rub the swab on the wall of the nostril 3 or 4 times.

d. Using the same swab, **repeat Step 2c for the other nostril.**

### 3. SECURE SPECIMEN

a. Without letting the swab touch any surface, place the swab into the sample tube so the tip is down. *(If you need to set the swab down, it is okay to set it back in the clean sheath wrapper it came in).*

b. Snap off the swab at the notch, 1 inch from the swab head.

c. Place the cap back on the sample tube. Push down and tightly screw on the cap.

d. Place the tube in the biohazard bag. Make sure the bag is completely sealed.

### 4. SPECIMEN DELIVERY

Bring your sample to your designated Swab Drop-Off Site as soon as possible. Remember to wear a mask and socially distance. Thank you!