How to Collect Your Observed Nasal Swab Sample

1. Lower your mask below your chin to expose your nose and mouth.

2. Open the package with the swab.
   - Peel it open on the end with the hard tip.
   - Don’t touch the soft tip with your hands.

3. Collect sample from both nostrils.
   - Place the soft tip midway (0.5 inch/1.0 cm) into one nostril until it is no longer visible.
   - Firmly rub the soft tip in a circle around the inside edge of your nostril 5 times.
   - Repeat the process with the same soft tip in your other nostril.

4. Pull off the cap of the collection tube.

5. Place the entire swab into the tube with the soft tip facing down.

6. Replace the cap on the tube by pushing it down.

7. Adjust your mask back over your mouth and nose.

8. Throw the swab package away in the trash bin outside the pod.

9. Bring your collection tube to the drop-off area.