Nasal Self-Swab Quick Reference Guide

- A healthcare professional will verify each individual’s identification and prior registration.
- While maintaining proper distance of six feet or greater to reduce virus exposure, a healthcare professional will place a pre-labeled self-swabbing kit on a nearby table.
- The tests are easily self-administered. Within a safe distance, a healthcare professional will provide a brief demonstration of the test and answer any questions.

Use QR Code or visit: https://youtu.be/vsQVxsQY3jc

1. Open the wrapper on the swab. Handle only the plastic end. Use care to not touch the soft end.
2. Place the soft end of the swab midway in the nose, rotate twice, and hold it inside for 15 seconds.
3. Repeat in the other nostril.
4. Open the tube and put the soft end of the swab down inside.
5. Break off the top of the swab stick and replace the tube cap.
6. When finished, place the kit, packaging and broken end of the swab back on the table.

*Due to the limited supplies at the making of this quick-reference guide, a nasopharyngeal swab is used in the photos. However, the swab used for self-swab testing is a nasal foam swab that goes just inside the nose.