

# SAMPLE COLLECTION INSTRUCTIONS

## YOUR KIT INCLUDES



Biohazard bag



Tube



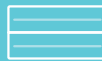
Swab



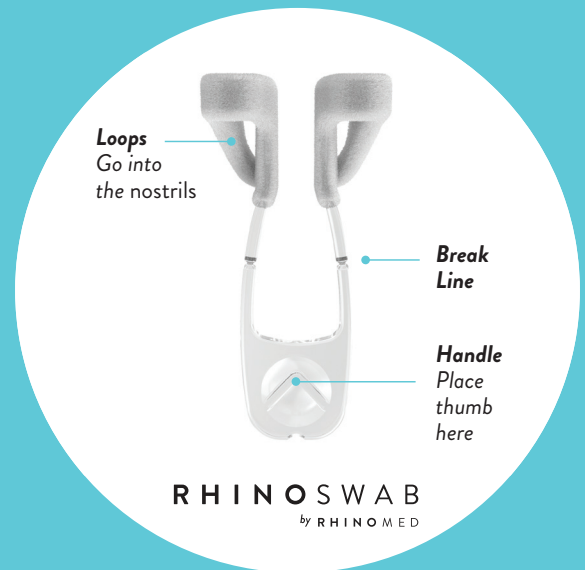
Refuse Bag



Alcohol wipes



ID stickers



## STEP 1: SET UP THE KIT

**1.1 PLACE ALL THE CONTENTS**  
of the kit on a clean dry surface.  
Do not open the swab packing yet.



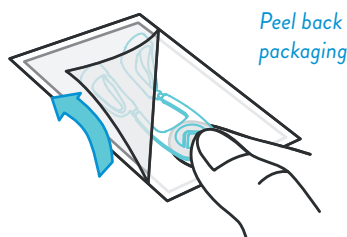
Please ensure you have a clock,  
watch or phone nearby.

**1.2 CLEAN YOUR HANDS**  
Apply hand sanitizer, wash your hands  
thoroughly or use the alcohol wipe provided.  
*Discard the alcohol wipe.*



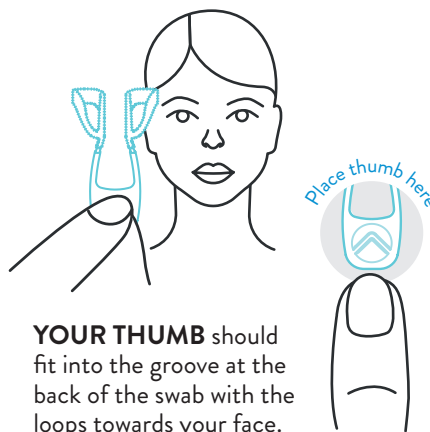
## STEP 2: COLLECT THE SAMPLE

**2.1 TOUCHING ONLY THE  
HANDLE**, remove the swab  
out of its packaging.



**IF YOU TOUCH THE LOOPS OR  
DROP THE SWAB**, please dispose  
of carefully in the refuse bag and  
request a replacement.

**2.2 HOLD THE SWAB** by  
the handle between your  
forefinger and thumb.



**YOUR THUMB** should  
fit into the groove at the  
back of the swab with the  
loops towards your face.

**2.3 POSITION THE SWAB  
UNDER YOUR NOSE.**



**YOUR THUMB NAIL**  
should be facing your lips.

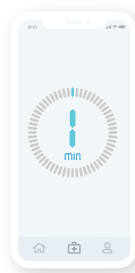
**2.4 INSERT THE SWAB INTO YOUR NOSE** by placing the loops in first and gently pushing the swab in as far as is comfortable (about 2-3 cms or 1 inch). Tilt the handle of the swab upwards as you insert it so that the loops wrap up and around the inside of your nostrils.



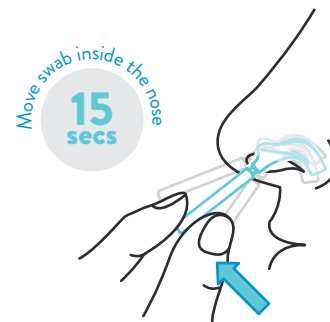
The handle will sit outside your nose.



**2.5 LEAVE THE SWAB** inside the nose for **1 MINUTE** and breathe normally though your nose.



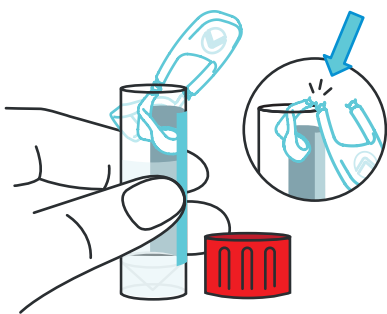
**2.6 AFTER 1 MINUTE**, move the swab inside the nose for **15 seconds** with moderate pressure making sure the loops make continual contact with the inside of your nose.



## STEP 3: PACKAGE THE SAMPLE

**3.1 BREAK BOTH LOOPS INTO THE TUBE ONE AT A TIME.**

First remove the cap from the tube and then take the swab out of your nose. Holding the tube firmly in one hand and the swab in the other, insert one loop at a time into the tube and snap off at the break line.



Do this by bending the swab arm against the edge of the tube at the break line.

**3.2 SCREW THE CAP BACK TIGHTLY ON THE TUBE**

ensuring it is tightly sealed so the liquid does not leak.



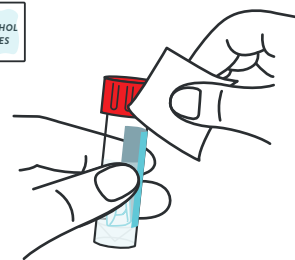
SHAKE THE TUBE GENTLY A FEW TIMES

Put the swab handle in the refuse bag and discard.

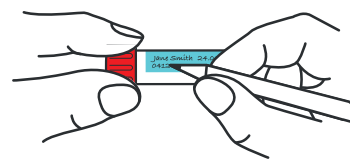


**3.3 USE AN ALCOHOL WIPE**

to sanitize around the top of the tube.

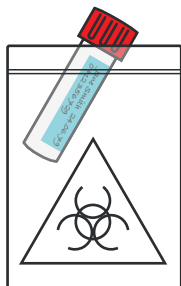


Write patient information on the tube label.



**3.4 PLACE THE TUBE INTO THE BIOHAZARD BAG** and sanitize the bag.

Discard the alcohol wipe.



**3.5 CLEAN YOUR HANDS**

Apply hand sanitizer, wash your hands thoroughly or use the alcohol wipe provided.

Discard the alcohol wipe.



## STEP 4: RETURN THE SAMPLE

Please follow the instructions to return the sample to the relevant testing center.



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