

### **Nasal Swab Collection Instructions**

1. Have the patient blow their nose or use a swab to remove excess mucus from the nostrils
2. Instruct the patient to tilt his head back to facilitate access to the nares.
3. Carefully insert the swabs at least 1-2 cm into each nostril. Rotate the swabs against the inside of the nostril for 3 seconds. Apply slight pressure with a finger on the outside of the nose to help assure good contact between the swab and the inside of the nose
4. Using the same swabs repeat for the second nostril, trying not to touch anything but the inside of the nose
5. Remove the plastic transport tube. Twist off the tube cap and discard it. Place the swabs into the plastic transport tube. The swabs should go all the way into the tube until they rest on top of the sponge at the bottom of the tube. Make sure the red cap is on tightly: The swabs should stay attached to the red cap at all times.