



How to Test Yourself for COVID-19 Using a Nasal Swab

1.



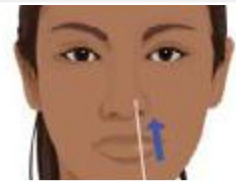
- If possible, sanitize your hands.
- Take out the swab from the package.
- Do not touch the soft end with your hands or anything else.

2.



- Screw off the top of the tube. Be careful not to spill the liquid.

3.



- Put the soft end of the swab into your nostril no more than $\frac{3}{4}$ of an inch into your nose.

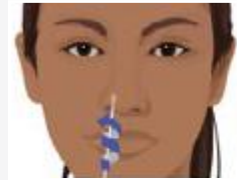


- Slowly turn the swab, gently pressing on the inside of your nostril.



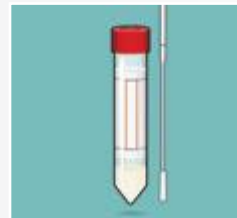
- Do this 4 times for a total of 15 seconds. Get as much nasal discharge (liquid) as possible on the soft end of the swab.
- Gently remove the swab.

4.



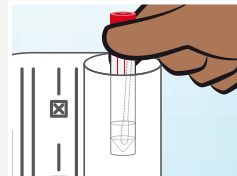
- Using the same swab, repeat step 3 in your other nostril, with the same end of the swab.

5.



- Put the swab in the tube so the soft end sits down in the liquid.
- Then, snap it off at the break line so it fits into the tube.
- Place the cap on the tube and screw it down tightly to stop it from leaking.

6.



- Put the tube in the bag that comes with the kit.
- Seal the bag.
- Give the sealed bag to the testing staff.
- Sanitize hands again.

For more information please visit AtriumHealth.org/Testing