COVID19 / Coronavirus Self-Swab Testing: Step-by-Step Instructions

FIRST – Verify your name is correct on the lab slip included in the pouch of the plastic sample bag
And that your name is on the PURPLE TOP tube

LEAVE THE LAB SLIP IN ITS POUCH - do not remove it

SECOND - Take the ORANGE topped tube – twist the top and remove the swab

THIRD – If you have a driver: Turn away from them- you may open your door to do so

Nasal swab instructions:
Blow your nose to clear excess mucous
Insert the swab into one nostril far enough until you feel resistance
Leave it in place and count slowly to 15
Then rub the swab in a circle around your nostril 4 times
Remove the swab and repeat on the other side

FOURTH -
Remove the PURPLE top from the sample vial
Insert the swab into the bottom of the vial.
Break off the swab handle as pictured
Tightly reseal the PURPLE top tube.

FIFTH - Place the tube in the plastic bag provided and seal it tightly

SIXTH - Proceed to the DROP OFF area and place your specimen in the cooler as directed