


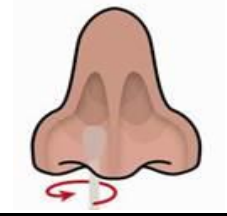
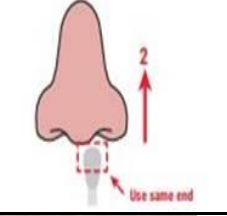




Patient Self-Swabbing Instructions

<p>Step 1 Remove the collection tube and swab from the sample bag provided. Remove the swab from the packaging. Do not touch the soft tip or lay the swab down</p>	
<p>Step 2 Snap the swab shaft in half so it is short enough to fit inside the tube. Keep the cotton tipped half and discard the other half. Do not touch the soft tip or lay the swab down</p>	
<p>Step 3 Insert the tip of the dry cotton swab into one nostril. Insert just until the cotton tip of the swab is no longer visible (approximately 1-2cm).</p>	
<p>Step 4 Rotate the swab in a circle around the entire inside edge of your nostril at least 3 times for a total of 15 seconds. Applying pressure with a finger to the outside of your nostril can help collect a good sample.</p>	
<p>Step 5 Take the swab out of your nostril. Then, using the same swab, repeat steps 2 & 3 in your other nostril. Remove the swab from your second nostril when finished.</p>	
<p>Step 6 Screw off the top of the collection tube being careful not to spill the liquid. Place the swab, cotton tip first, into the collection tube.</p>	
<p>Step 7 Firmly screw the top of the collection tube back on to avoid leaks. Use caution not to overtighten the cap, it can break.</p>	
<p>Step 8 Ensure that the capped tube is labeled accurately with your information and place into the same specimen bag you were provided. The sealed bag will then be placed into a collection container (cooler).</p>	