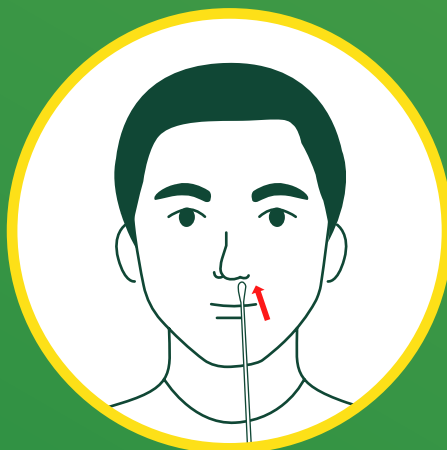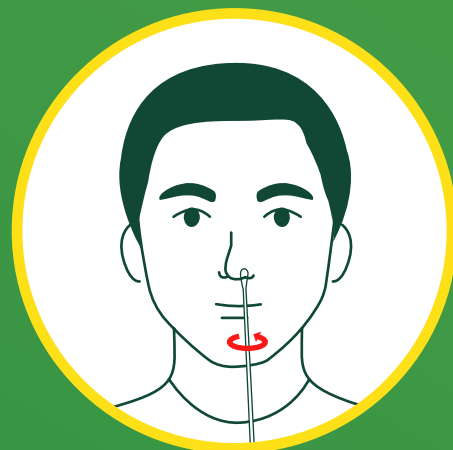# HOW TO COLLECT YOUR ANTERIOR NASAL SWAB SAMPLE FOR COVID-19 TESTING

Remove swab from container, being careful not to touch the soft end with your hand
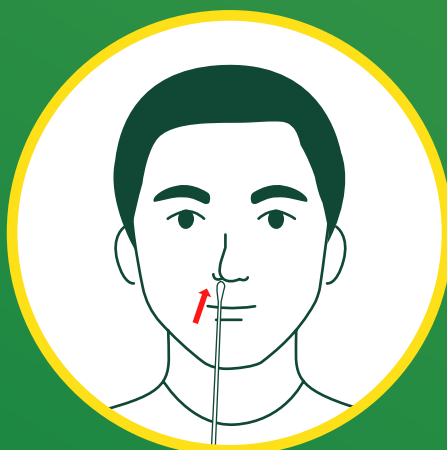

Insert swab pointing toward the back of your nostril.

Press gently against the back of your nostril and rotate the swab once by spinning between your thumb and forefinger.

Leave the swab in place for 10 seconds.

Repeat in the other nostril using the same swab.

Hand swab back to testing personnel. If there is any visible mucus, snot, or clotted blood on the swab you'll be asked to recollect.

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