

HOW TO USE A SELF-SWAB COVID-19 TEST



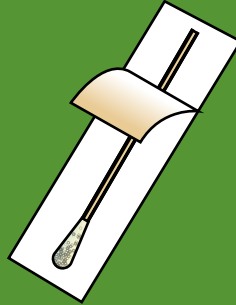
SCAN TO WATCH
HOW TO VIDEO

1. Blow Your Nose



Pull your mask down keeping your mouth covered. Blow your nose. Make sure your nose is cleared of any mucus or particles. Pull mask back over your nose.

2. Remove Test Swab from Package



DO NOT touch the tip of the swab.

3. Lower Mask Under Your Nose



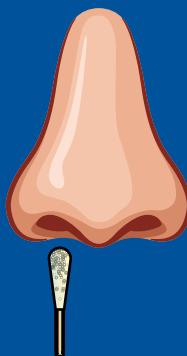
Keep the mask over your mouth.

4. Look Straight Ahead, Then Tilt Head Back Slightly



Prepare to put test swab in nose.

5. Insert Swab Into Left Nostril



About one inch deep

6. Rotate Swab in Circular Motion



Gently rotate the swab 3 times around the inside of your nostril, then hold in place and count to 10.

7. Repeat With Right Nostril



8. Place Mask Back Over Nose



Make sure mouth AND nose are completely covered.

9. Hand Swab Back To Testing Staff Member



Place the soft tip of the swab into the collection tube. Avoid touching the tip of swab.