

# How to collect a nasal swab sample

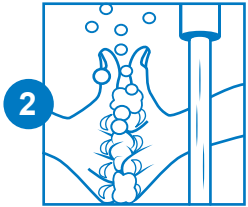


Read instructions entirely. Failure to follow the instructions entirely may lead to false or incomplete results. Only collect the sample on the day you are scheduled to drop it off and only drop off your own sample.



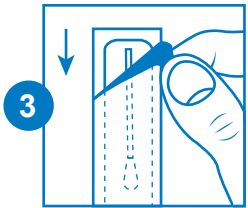
## 1 Blow your nose.

Thoroughly blow and wipe your nose to clear thick mucus (snot).



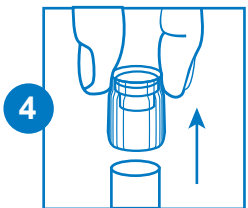
## 2 Wash your hands.

Wash with soap and water for at least 20 seconds or use hand sanitizer and dry completely.



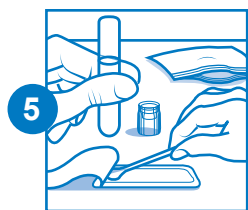
## 3 Open the package with the swab.

**Careful: Don't touch the soft tip with your hands.** Peel open where indicated. Leave swab in the package for now.



## 4 Pull up to remove the cap from the collection tube.

Place it on a clean surface where you can easily find it.



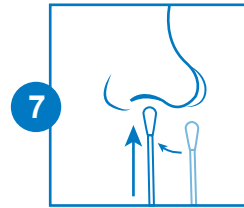
## 5 Pick up the swab.

Pull swab out of its packaging, **being careful not to touch the soft tip with your hands.** Have the tube ready to put the swab in after collecting the sample.



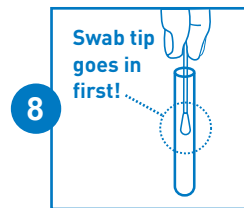
## 6 Collect sample from nostril.

Insert the swab into one nostril **just until the soft tip is no longer visible.** Rotate it in a circle around the inside edge of your nostril 3 times.



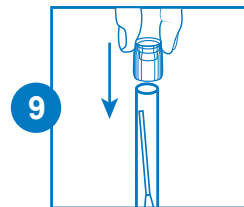
## 7 Collect sample from other nostril.

Use the same soft tip to repeat the previous step in the second nostril 3 times.



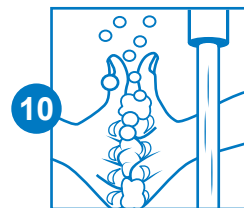
## 8 Put the swab in the collection tube.

The soft tip of the swab that went into your nose should go into the tube first.



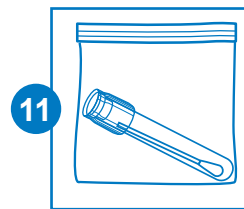
## 9 Push cap down firmly.

Push the cap straight down onto the tube until it cannot go down any farther.



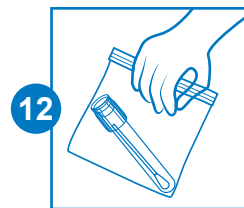
## 10 Wash your hands.

Wash with soap and water for at least 20 seconds or use hand sanitizer and dry completely.



## 11 Put the tube into the sealable bag.

Seal the bag and write your name on it.



## 12 Deliver to collection site today.

See instructions on the reverse side.

Questions? Call support line at (617) 714-7590 or e-mail [crsp-careevolve@broadinstitute.org](mailto:crsp-careevolve@broadinstitute.org)

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