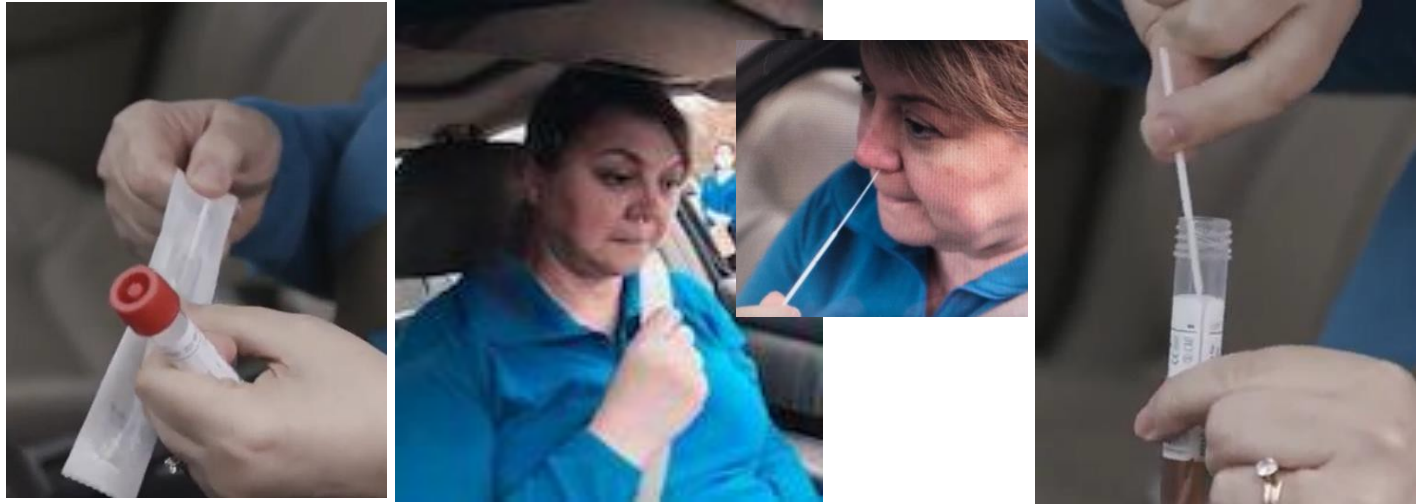


Nasal Self-Swab Quick Reference Guide

- A healthcare professional will verify each individual's identification and prior registration.
- While maintaining proper distance of six feet or greater to reduce virus exposure, a healthcare professional will place a pre-labeled self-swabbing kit on a nearby table.
- The tests are easily self-administered. Within a safe distance, a healthcare professional will provide a brief demonstration of the test and answer any questions.

Use QR Code or visit:

<https://youtu.be/vsQVxsQY3jc>



- 1 Open the wrapper on the swab. Handle only the plastic end. Use care to not touch the soft end.
- 2 Place the soft end of the swab **midway in the nose**, rotate twice, and hold it inside for 15 seconds.
- 3 Repeat in the other nostril.
- 4 Open the tube and put the soft end of the swab down inside.

- 5 Break off the top of the swab stick and replace the tube cap.
- 6 When finished, place the kit, packaging and broken end of the swab back on the table.



*Due to the limited supplies at the making of this quick-reference guide, a nasopharyngeal swab is used in the photos. However, the swab used for self-swab testing is a nasal foam swab that goes just inside the nose.



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