

How to collect an oral nasal swab:

Take swab out of bag. Do not drink the liquid!

1



Use the swab to draw 5 circles on the back of your tongue.

2



Use the swab to rub the inside of your cheek 3 times.

3



Do the same thing on your other cheek.

4



Put the swab just inside your nostril and rub all around 3 times.

5



Do the same thing in your other nostril.

6



Snap the swab into the tube and tighten lid. Do not drink the liquid!