Anterior Nasal Self-Collection Instructions

**STEP 1**
Sanitize your hands then label the tube and bag with your full name, date of birth, and date of collection.

**STEP 2**
Unwrap nasal swab, being careful not to touch soft side of the swab.

**STEP 3**
Massage the tip of the nose for 30 seconds insert swab ½ inch into the nose.

**STEP 4**
Rotate swab for 10-25 seconds in each nostril.

**STEP 5**
Remove the swab from the nostril.

**STEP 6**
Unscrew cap without spilling contents of the tube.

**STEP 7**
Break the tip of the swab into the tube at the score line.

**STEP 9**
Tightly screw the cap back on the tube. Discard the remaining plastic of the swab.

**STEP 10**
Place specimen in biohazard bag and return specimen to lab.

**Verify the following prior to shipment**
1. Name, DOB, and collection date are on the tube
2. The tube cap is sealed properly to prevent leaking

Questions/concerns write to us at care@sdilabsinc.com