

## Swab Instructions

### Self-swab nasal specimen collection

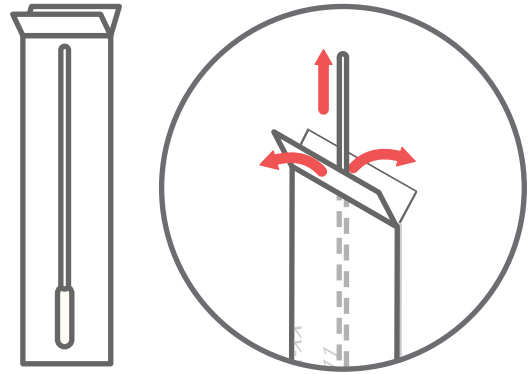
We know you aren't feeling well. Thank you for your participation. With your help, we want to understand whether people can test themselves for COVID-19 without assistance from a clinician.

These kinds of tests could one day become available for at-home swabbing for COVID-19 and other diseases like it. We appreciate your time and attention to the instructions below.

#### 1 Open nasal swab

Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart (like you would to open a band-aid).

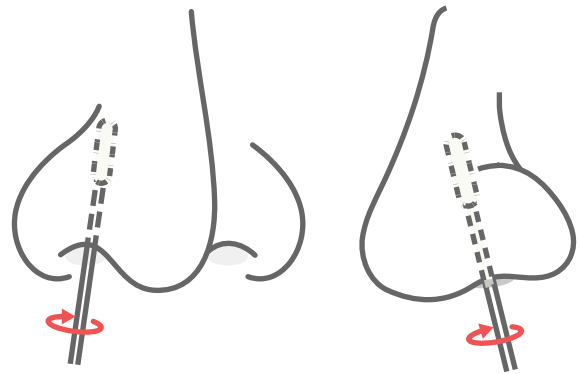
Be careful to only touch the handle, not the tip.



#### 2 Swab nose

Gently insert the **entire** soft tip of the swab into one nostril until you feel a bit of resistance and rub it in a circle around your nostril **4 times**.

Next, gently insert **the same swab** into the other nostril and rub it around the same way.



#### 3 Put swab in tube

Lower the swab, tip first, into the provided tube.

Once the tip is at the bottom, break the swab handle at the top of the tube by bending back and forth.

Screw the red cap on tightly.

