

# How to Collect a Nasal Mid-Turbinate Specimen for COVID-19 Testing



Use **only** an authorized specimen collection kit. Get a kit from your healthcare provider or a testing center. Kits are available at a pharmacy or other retail outlet. Follow the instructions included with the specimen collection kit. Use **only** materials provided in the kit to collect and store or mail the specimen unless the kit says to do otherwise. Use these instructions with kits that specify a nasal mid-turbinate swab collection.

## Setup

1. Disinfect the surface where you will open the collection kit. Remove and lay out contents of kit. Read instructions before starting specimen collection.

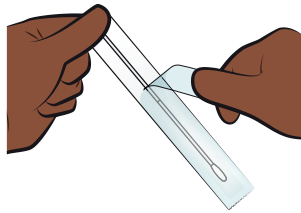


2. Wash hands with soap and water. If soap and water are not available, use hand sanitizer.

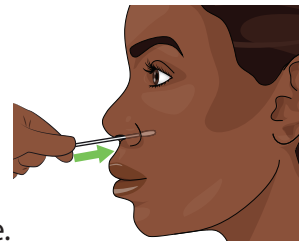


## Specimen Collection

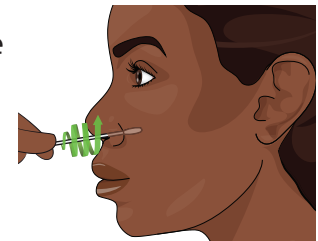
3. Remove the swab from the package. Do not touch the soft end with your hands or anything else.



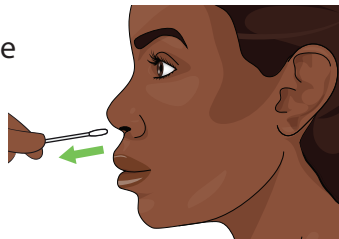
4. Insert the entire soft end of the swab straight back into your nostril **less than one inch** (about 2cm) or until you feel resistance.



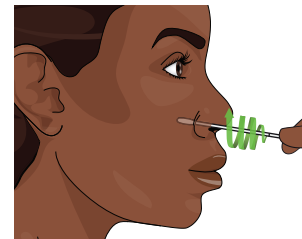
5. Slowly rotate the swab, gently rubbing it along the insides of your nasal passage several times.



6. Gently remove the swab.

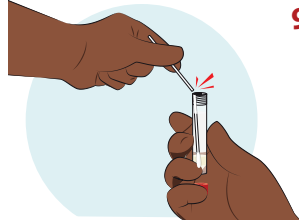


7. Using the same swab, repeat steps 4–6 in your other nostril with the same end of the swab.



## Submit the Specimen and Clean Up

- 8.** Place the swab in the sterile tube and snap off the end of the swab at the break line, so that it fits comfortably in the tube. Place the cap on the tube and screw down tightly to prevent leakage.



- 9.** Wash hands or re-apply hand sanitizer.



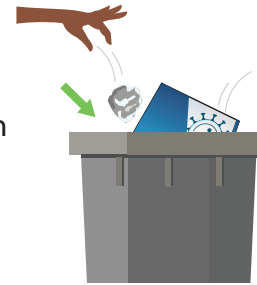
- 10.** Place the tube with the swab in the biohazard bag provided and seal the bag.



- 11.** Give the bag with the swab to testing personnel or follow the instructions for returning the specimen for testing.



- 12.** Throw away the remaining specimen collection kit items.



- 13.** Wash hands or re-apply hand sanitizer.

