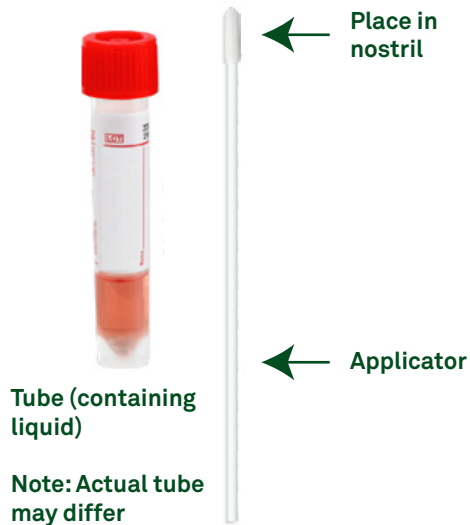


Self-Collection Instructions

Nasal (Anterior Nares) collection

Collection kit components



- Do not use if you are under the age of 18 years old without adult supervision, on blood thinners, or have had a previous trauma to your nose.
- Read the instructions carefully before starting.
- Once the swab is inserted, your nose may feel very full. If you feel pain at any time during your collection, stop and notify the on-site healthcare professional (if available) or call your doctor to guide you with your collection.
- Do not use the liquid in the tube to wet the swab, or to lubricate your nostrils. Do not drink the liquid.
- Do not touch the swab tip with your finger, or with anything else except your nose and the tube liquid. If the swab tip touches anything, then alert the on-site healthcare professional or contact Quest Diagnostics at 1.855.332.2533 for another swab.
- Do not use the swab on more than one person. Sharing a swab with someone else can cause an infection.

- 1

 - Peel off the label with your name and date of birth from the bottom of the test requisition and place it on the tube.
 - If a pre-filled label is not available, write your name and date of birth on the tube label with a blue or black pen.
- 2

 - Remove the swab from the package and do not touch the tip of the swab!
- 3

 - Position head slightly back, and insert the swab into the LEFT nostril, about one inch.
- 4

 - Rotate the swab in a circular motion around the entire inside edge of the nostril. Do this 2 times and then keep it in place for 15 seconds.
 - Repeat the same process in the RIGHT nostril using the same swab.

- 5

 - While holding the swab, remove the cap from the tube. Do not spill or drink the liquid.
 - Insert the swab into the tube so the tip is touching the bottom of the tube and the shaft of the swab is resting against the rim of the tube.
- 6

 - Break the swab handle against the side of the tube at perforated break point.
- 7

 - Screw the cap onto the tube and place the tube into the bag. Ensure the paper requisition is placed in the bag (if applicable). Seal the bag.
 - Place the collection bag and test requisition in the box and close the lid.