

How to Use a Throat Swab

To perform this self-test, you may need assistance from a sighted person.

What you should have ready:

- 1 resealable biohazard plastic bag (Bag #1) labeled throat
- 1 throat swab
- 1 orange multi-test tube
- 1 cup, and
- 1 piece of paper towel

Step 1. Wash your hands with soap and water and pat them dry.

Step 2. Prepare Tube.

Important: When handling the tube, do not puncture the foil on the cap, pour out, or spill the liquid. If the liquid in the tube spills, the swab cannot be tested, and the test must be repeated.

- Lay out the paper towel on a clean, flat surface.
- Twist the cap off the orange tube.
- Place the cap foil side down on the paper towel.
- Put the orange tube upright where it will not spill (i.e., in a cup).

Step 3. Prepare Swab

Important: When handling the swab, only touch the plastic handle. Do not touch the tip or put it down to prevent contamination.

- Partially open the swab package so it is easy to access.
- Leave swab in packaging.

Step 4. Collect Sample

Important: Collecting a throat sample may make you gag. If you do gag, it's ok. Try to take a deep breath and hold it.

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- With one hand, grip the swab between your fingers and remove it from the packaging.
- Open your mouth as wide as you can.
- Swab the very back of your throat, being careful not to touch the swab to your face or skin. It's ok if you accidentally touch your tongue.
- Run the tip firmly and quickly from one side of your throat to the other and back.

Step 5. Place Sample in Tube

- Take the swab out and put it in the orange tube.
- Break the swab at the score line.

Step 6. Put Sample in Resealable Bag

- Twist the cap tightly to close the tube.
- Put the tube in the resealable biohazard plastic bag (Bag #1) labeled throat.

Step 7. Cleanup

- When you are finished, put the remaining test supplies in the garbage and wash your hands again with soap and water.
- Return the samples as instructed.