

HOW TO USE A THROAT SWAB

WHAT YOU SHOULD HAVE READY (FROM YOUR TESTING KIT)



1x Resealable Biohazard Plastic Bag (Bag #1) Labeled **THROAT**



1x Throat Swab



1x Orange Multitest Tube



Cup



Paper Towel

STEP 1 - WASH HANDS

- 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 the paper towel on a 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.**

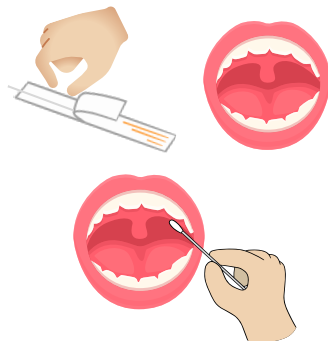
- Partially open the swab package so it is easy to access.
- Leave swab in packaging.



STEP 4 - COLLECT SAMPLE

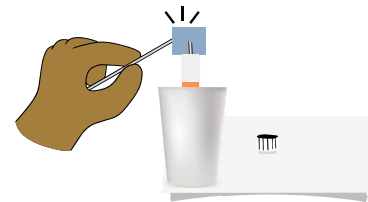
IMPORTANT: Collecting a throat sample may make you gag. If you do gag, it's OK. **Try to take a deep breath and hold it.**

- 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.
- Rub 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**.
- Seal the bag.



STEP 7 - CLEANUP

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

