How to Collect Your Sample

1. Sanitize your hands.

2. Open the swab package, starting from the handle-side and avoid touching the cotton tip.

3. Insert swab tip no more than 3/4 inch into nostril. Swirl at least 4 times. Repeat in other nostril.

4. Put the swab in the tube, cotton tip down.

5. Sanitize your hands again. Done!