



UW Campus Surveillance Self-Swab Directions



Before you begin: Plan the timing of your sample collection. It is important to drop off the sample promptly at one of the pick-up locations.

A video version of these directions is available at: <https://www.youtube.com/watch?v=EnD1SVZc9j4>



1. WASH OR SANITIZE HANDS

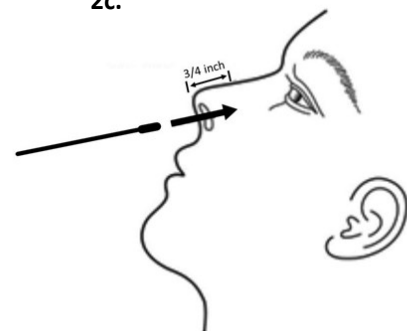
2. SPECIMEN COLLECTION

- Check to make sure you are using the kit with today's date.
- Peel open the swab carefully. Do not touch the swab head or set it down.
- Insert the swab about $\frac{1}{2}$ to $\frac{3}{4}$ inch into the nostril. Rub the swab on the wall of the nostril 3 or 4 times.
- Using the same swab, **repeat Step 2c for the other nostril.**

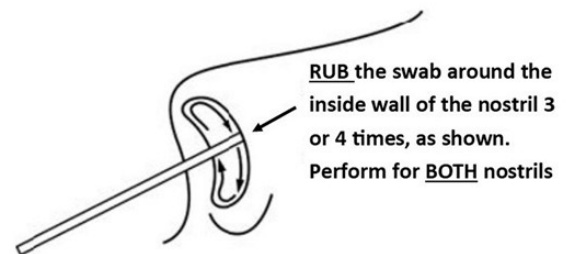
2b.



2c.



2c.



3. SECURE SPECIMEN

- Without letting the swab touch any surface, place the swab into the sample tube so the tip is down. (*If you need to set the swab down, it is okay to set it back in the clean sheath wrapper it came in.*)
- Snap off the swab at the notch, 1 inch from the swab head.
- Place the cap back on the sample tube. Push down and tightly screw on the cap.
- Place the tube in the biohazard bag. Make sure the bag is completely sealed.

3a.



3b.



4. SPECIMEN DELIVERY

Bring your sample to your designated Swab Drop-Off Site as soon as possible. Remember to wear a mask and socially distance. Thank you!

