
You have been ordered a COVID-19 test using our self-collection process. Please follow the instructions below carefully to obtain a quality specimen. Please check your full name and date of birth on the label. If this information is incorrect, please return it to a staff member. You will receive results in MyChart within 24-48 hour of collection.

1. Open Nasal Swab Package
   - Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart.
   - Be careful to only touch the swab handle
   - Do not touch the swab tip

2. Swab your Nose
   - Tilt your head back 70 degrees
   - Gently insert the entire soft tip of the swab (about 1 inch) into one nostril until you feel a bit of resistance.
   - Rub the walls of the nostril in a circular pattern for five (5) seconds.
   - Next, gently insert the same swab into the other nostril and do the same circular swabbing.

3. Put the swab into the Transport Tube
   - Lower the swab, tip first, into the provided tube.
   - Once the tip is near the bottom, break the notched swab in half by bending the swab handle back and forth.
   - Screw the Cap onto the tube tightly. This step is very important. If your specimen vial leaks, you will have to repeat the test.

4. Place the transport tube into the biohazard bag
   - Place the specimen into the first Biohazard transport bag and zip it shut.
   - Place this bag inside the second bag and zip it shut.
   - Deposit specimen in designated receptacle or hand to staff