



# How to take a nose swab

## Take the the nose swab

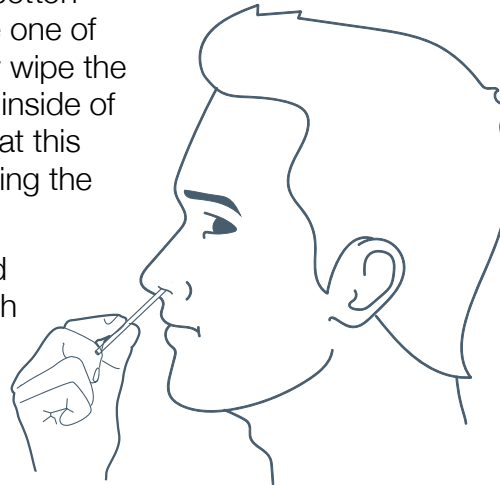
Please wash your hands carefully before you start.

**A.** Pull out the second swab from the packet.



**B.** Place the tip of the cotton bud gently **JUST** inside one of your nostrils and gently wipe the cotton bud around the inside of your nose. Please repeat this for your other nostril using the same swab.

No force is needed and you do not have to push far into your nostril.



**C.** As before, place the swab into the same collection tube (with the other swab) and break off the plastic end. Replace the lid on the collection tube.

