

WARNING: If you do not swab adequately, your test will be invalid and you will need to retest.

Self-Collection for Asymptomatic Tests at Foggy Bottom



1. Use hand sanitizer to clean your hands and then open the kit.



2. Remove the swab by slowly peeling the pouch, careful not to touch the cotton tip to any surfaces or your hands.



3. Holding the swab in one hand, carefully unscrew the cap on the tube and hold in your other hand.



4. Insert swab into one nostril about one-inch-deep, about to where the cotton tip is no longer visible.



5. Rotate swab in a circle round the inside of your nose for 10 seconds. Repeat in your other nostril using the same swab.



6. Place the swab tip down in the tube and locate the breakpoint.



7. Bend the swab against the tube at the breakpoint until it snaps and the swab tip falls into the liquid.



8. Screw the cap back on the tube and place inside the biohazard bag. Use hand sanitizer again.

Please place your sample in the collection bin located on the table in the center of the testing area.

Go ahead, be *NOSEY!*

THE GEORGE WASHINGTON UNIVERSITY

WASHINGTON, DC