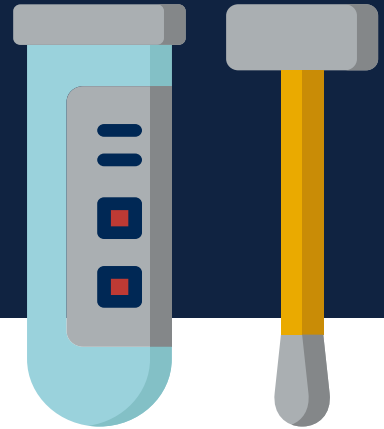# HOW TO COLLECT YOUR OWN NASAL SWAB SAMPLE FOR COVID-19 TESTING

1 Walk toward the registration table. Check in and use the provided hand sanitizer.

2 Move to the side of the table to receive your registration packet.

3 Wait to be signaled to the testing area. Then move toward the end of the table in the testing area.

4 Verify your name and date of birth are correct on the sheet inside the registration packet.

5 Place the contents of the registration packet on the table in front of you. Your registration packet will contain one swab packet, one collection tube and a test result card.

6 Leave the test result card and collection tube on the table and pick up the swab packet.

7 Open the swab packet from the end with the notch marked "Peel Here." Be careful not to touch the tip of the swab.

8 Lower your mask. Insert the tip of the swab approximately one inch into one of your nostrils.

9 Rotate and twirl the swab in the nostril for 10-15 seconds. Then do the same with the other nostril.

10 While holding the swab, be careful not to touch the tip. Pick up the collection tube and unscrew the top. **Be careful not to spill the liquid in the tube.** Insert the swab into the tube.

11 Note the notch (break line) on the collection swab. Bring the notch to the top of the tube, secure the swab in the tube then snap off the swab at the notch.

12 Firmly screw on the top of the collection tube. Be careful not to spill any of the liquid inside.

13 Place the collection tube inside the bag. Then seal the bag.

14 Take your test result card from the table. Then deposit your test bag into the red container. Secure your test result card and use the provided hand sanitizer.

15 Follow the exit signs to leave the testing area.

Keep your test result card safe and follow the instructions to view your results online.

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