

TEST YOURSELF

Self-Collected Throat Swab

NAAT Swab

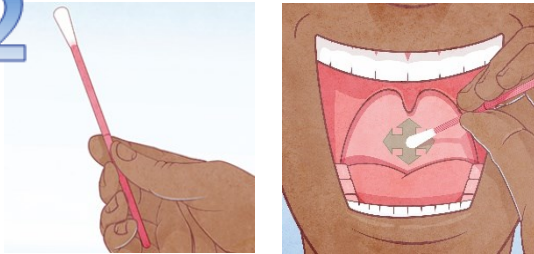
1



Remove orange collection kit from bag.

Peel open outer package and remove swab and tube from package.

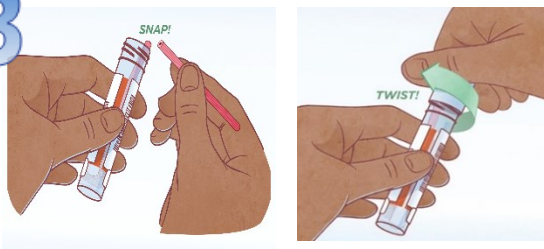
2



Hold the swab with your thumb and forefinger.

Say AHHHH... then gently rub swab tip on the back of your throat side to side, up and down 5 times.

3



Remove the swab but do not put it down.

Place swab into the tube and snap at the dashed line. Twist the cap back on tube.

Culture Swab

1

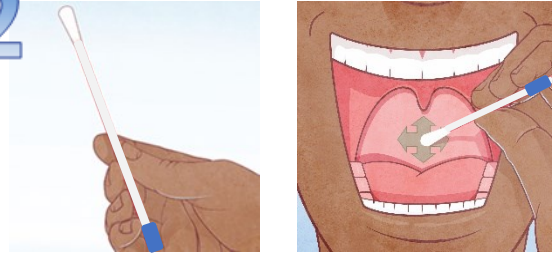


Remove clear collection kit from bag.

Peel open outer package and remove tube from package.

Remove lid from the tube.

2



Hold the swab with your thumb and forefinger.

Say AHHHH... then gently rub swab tip on the back of your throat side to side, up and down 5 times.

3



Remove the swab but do not put it down.

Insert the swab into the clear tube and push the blue cap down until closed.