

# How to take your own COVID-19 sample

To test for coronavirus (SARS-CoV-2), we need a sample from inside each nostril using the same swab. The test is commonly administered by a healthcare professional, but you can safely take the samples yourself.



## Step 1

- **Before you start, please use hand sanitizer** and rub hands together until dry.



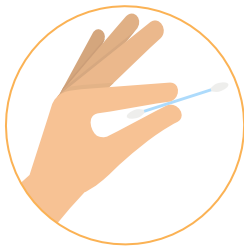
## Step 2

- **The Specimen Collection staff will open the swab packet and hand you the swab.**
- **Please avoid** touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.



## Step 3

- **Tilt your head back**, lifting your chin up.
- **Place the tip** of the cotton bud gently **1 inch inside** one of your nostrils.
- **Gently rotate the swab 3-4 times** around the inside of your nostril, then hold in place and count to 10 (approximately 3 to 5 seconds).
- **With the same swab, repeat in the other nostril.**



## Step 4

- **Once you have swabbed both nostrils, hand the swab back to the Specimen Collection staff.**



## Step 5

- **Please finish by using hand sanitizer** and rubbing your hands together until dry.