

Be sure to complete both the nasal and throat swab procedures.

At-Home Symptomatic NASAL Swab Directions

Considerations:

When possible, do your swab before starting antibiotic therapy or use of antihistamines. Antibiotics may suppress growth of infecting agent, causing a false negative culture.

Swab Directions:

1. Blow your nose to remove excess mucous.
2. Remove cap from the tube & place cap upside down on a clean surface.
 - a. Open plastic swab package at the end nearest to the handle (Photo Companion 1, Figure 1).
3. Take swab by the handle (be sure not to touch any part of the swab below the breakpoint). Tilt head back slightly & insert swab approximately 2 cm ($\frac{3}{4}$ inches) into one naris, rotate against the anterior nasal mucosa.
 - a. Rotate for 3 seconds to ensure swab contains both cells, as well as mucosa (Photo companion 1, Figure 2, & 3).
4. Place the swab inside the tube until the end touches the bottom.
 - a. Bend the swab shaft against the side of the tube to remove the handle at the breaking point (Photo companion 1, Figure 4).
5. Cap specimen swab collection tube and continue to Throat Swab Directions.

Photo Companion 1: At-Home Symptomatic Nasal Swab Directions



Figure 1:



Figure 2:

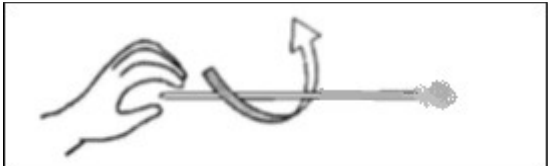


Figure 3:

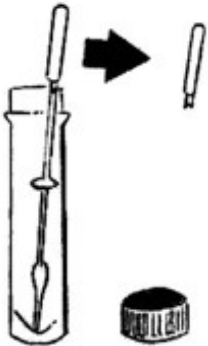


Figure 4:

At-Home Symptomatic THROAT Swab Directions

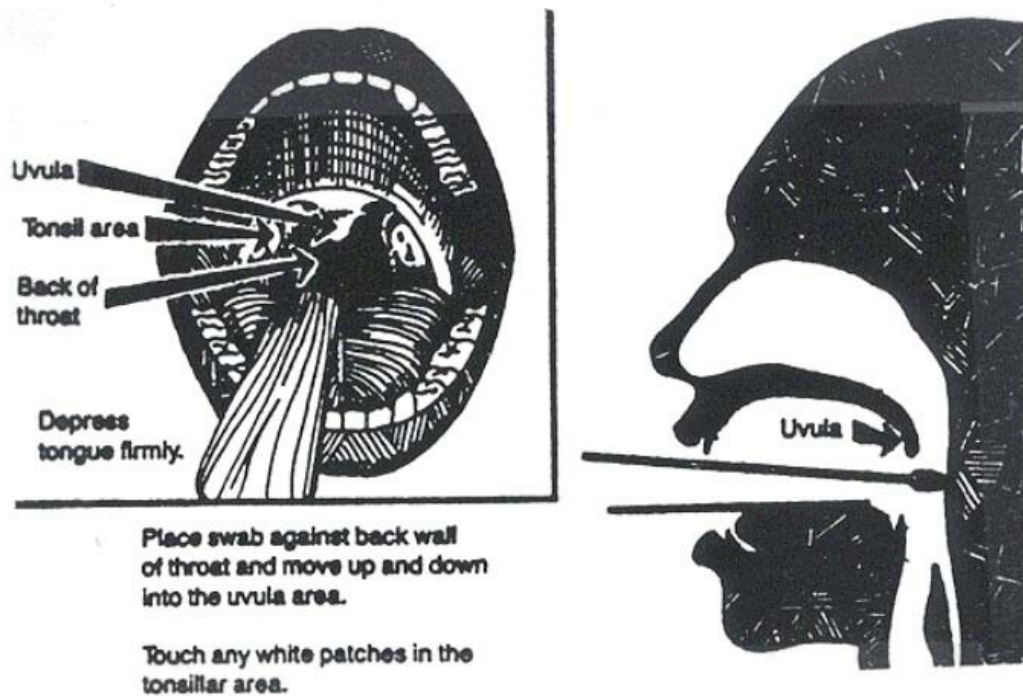
Swab Directions:

1. Position yourself in front of a well-light mirror so that your oral cavity (mouth & throat) is well defined.
2. Remove cap from the tube & place cap upside down on a clean surface.
3. Open plastic swab package at the end nearest to the handle (Photo companion 1, Figure 1).
4. Take one (unused) swab by the handle (be sure not to touch any part of the swab below the breakpoint).
5. Breathe deeply and flex tongue towards the bottom of your mouth (to avoid contact with the swab).
 - a. Guide the swab to the posterior pharynx (back of throat), taking care not to touch tongue, cheeks, and uvula (Photo companion 2, Figures 1 & 2).
 - b. Swab vigorously while saying "Ah." (This lifts the uvula and decreases the gag reflex.) Swab area from right tonsillar area across posterior pharynx (back of throat) to left tonsillar area and across to right tonsillar area.
 - c. In addition, areas of inflammation, ulceration, exudation, or with white patches should be touched. Rub vigorously, not gently, to remove organisms adhering to the mucosal membrane.
6. Do not touch swab tip after removal.
7. Place the swab inside the same tube until the end touches the bottom
 - a. Bend the swab shaft against the side of the tube to remove the handle at the breaking point (Photo companion 1, Figure 4)
8. Cap the specimen swab collection tube tightly.

9. Peel off **one** barcode and place it on tube.

10. Read “Shipping Dangerous Goods and Hazardous Materials” handout.

Photo Companion 2: At-Home Symptomatic Throat Swab Directions



Great job taking your own throat swab!