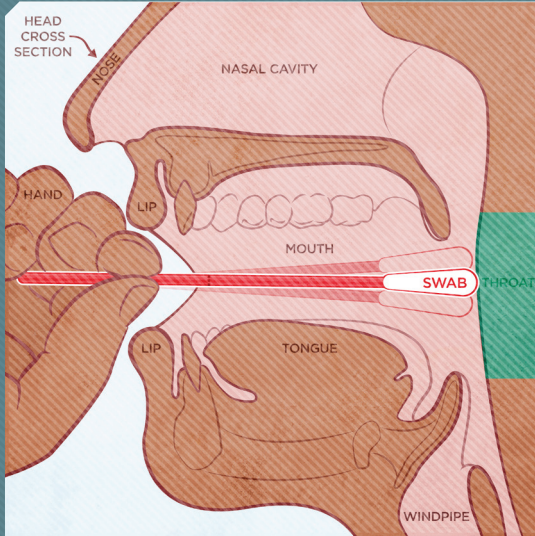
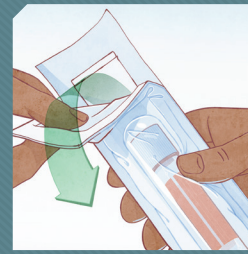


# TEST YOURSELF

The Visual Guide for a  
**Self-collected Throat Swab**



- 1 Wash your hands with soap and water.



2 Remove the transport tube and collection swab from packaging.



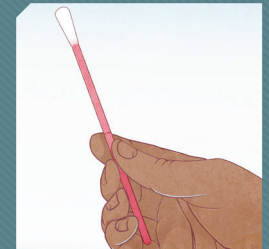
3 Label the transport tube with your **Patient label.**



4 Label the transport tube with the **Throat label**.



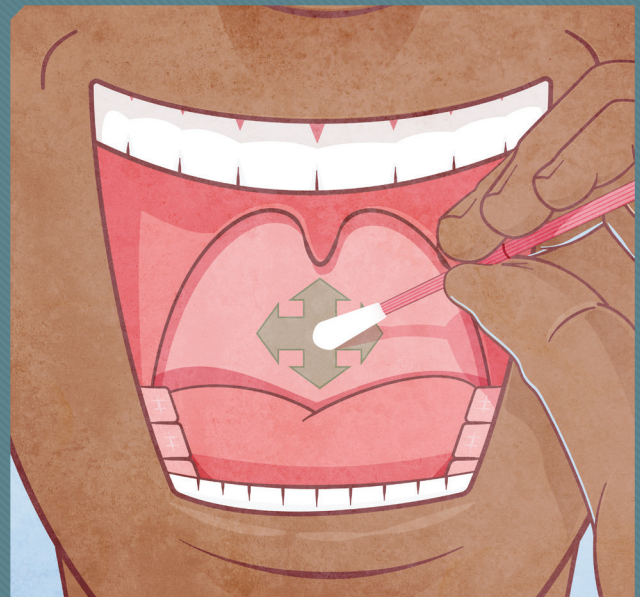
5 Open the package containing the collection swab.



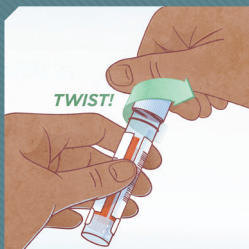
6 Hold the collection swab far enough from the tip.



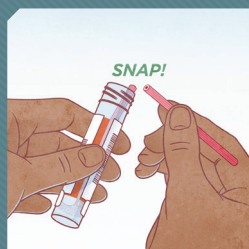
7 Say AHH... and reach the collection swab into your mouth to gently touch your throat.



8 Gently rub the swab tip on your throat side to side, up and down at least 5 times.



9 Unscrew the cap from the transport tube.



10 Place the collection swab into the transport tube, snapping it at dashed line.



11 Put the cap back on the transport tube and twist it closed to prevent leaks.



12 Put the transport tube into the biohazard bag.



13 Wash your hands with soap and water.