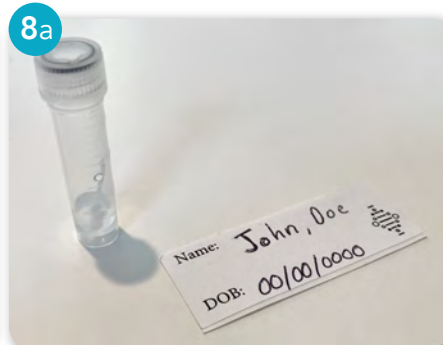


## How to Collect & Ship COVID-19 Sample Using Nasal Swab with Sterile Saline



1. Tilt patient's head back 70 degrees
2. Insert swab into nostril parallel to palate (Swab should reach depth equal to distance from nostrils to outer opening of the ear). Leave swab in place for several seconds to absorb secretions.
3. Slowly remove swab while rotating it
4. Place tip of swab into 2mL vial and snap off applicator stick
5. Use pipet to add 1/4 mL saline or just enough to cover tip of swab
6. Screw cap onto 2mL vial tightly\*
7. **Shake the vial.** This will ensure the saline has some of the RNA of the virus in the saline in addition to the swab.
8. Write **first & last name** and **date of birth** on specimen label. Apply label to the vial.



9. Follow shipping instructions per the send out lab's protocol

These swabs have been tested up to 72 hours at room temperature and still showed positive results. We have not tested longer than 72 hours.

- \* PLEASE MAKE SURE THE CAP IS SECURE. There is a zero tolerance of any leakage. If container has leaked, the container will be destroyed and we will not run the sample.