
Supplies
- Testing Swab
- Specimen Collection Container

1. Perform hand hygiene with soap and water or hand sanitizer.

2. Sitting upright, tilt your head back to 70 degrees as seen above.

3. Slide your mask down to only expose your nose.

4. With your dominant hand, gently insert the swab into the nostril until it meets resistance. (About 1 inch) See picture above.

5. Holding the swab in place, rotate the swab for 10-15 seconds. **Repeat** process in other nostril with same swab

6. Slide your mask back over your nose

7. Place the swab in the vial, hand to the nurse.

8. Perform hand hygiene.