

COVID-19 Rapid Antigen Test

How to swab your nose

These are general instructions. You may be given more specific instructions by the testing personnel. Please speak to your testing personnel if you have questions.

Protect yourself from infection by keeping your mask on except for when you are swabbing your nose, and keep 6 feet or 2 metres from others, when possible.

You will be given the following materials to perform a swab of your nose:

- Packaged swab
- Test tube pre-filled with liquid
- Label

How to collect a deep nasal swab

1. Label test tube

- Place a label with today's date, your full name, and date of birth on the test tube.

2. Blow nose and wash hands

- Before beginning, gently blow your nose into a tissue.
- Wash your hands with warm, soapy water for 20 seconds. If soap and water are unavailable, use hand sanitizer.

3. Open nasal swab

- Peel open the sealed swab wrapper.
- Remove the swab from the package by holding the swab by the handle. Be careful to not touch the soft tip with your hands.

4. Swab both nostrils

- Tilt your head back by 70°.
- Insert the soft tip end of the swab about 2.5cm* (~1 inch) straight back (not up) into one nostril.

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- Stop when you reach 2.5cm or when you start feeling slight resistance.
 - Rotate the swab slowly against the inside wall of your nose about 5 to 10 times and leave swab in place for 2 to 3 seconds.
 - Remove the swab from your nose and re-insert it in your other nostril.
 - Repeat the same steps as above, using the same swab.

*Note: Suggested length applies for adults only. Swab insertion distance will differ in children.

5. Put swab in tube pre-filled with liquid

- If present, remove the cap of the labelled test tube containing pre-filled liquid.
- Gently insert the soft tip end of the swab into the test tube.
- Swirl the swab in the pre-filled liquid for 15 seconds and press the soft tip into the inside walls of the tube a few times.
- Remove the swab while squeezing the sides of the test tube with your fingers to extract the liquid from the swab.
 - Dispose of the swab in a biohazard container.
- Place the cap on the test tube and screw it on tightly to avoid leakage.

6. Wash hands and dispose of packaging

- Place the test tube in a clean rack or holder to hold it upright.
- Throw away any packaging or waste from the collection kit.
- Wash hands with warm water and soap for 20 seconds or use hand sanitizer.
- Provide the test tube to the testing personnel.

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