



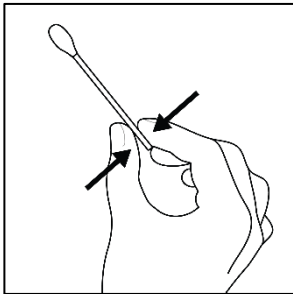
Anterior Nasal Sample Collection Instructions

1. Confirm kit contains:

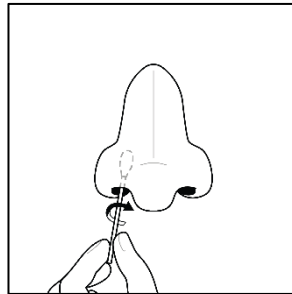
- a. Swab
- b. Tube
- c. Specimen bag

2. Observe appropriate collection by watching the video at: <https://jcma-llc.com/SampleCollection>

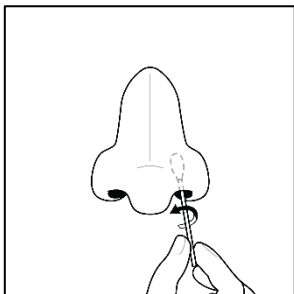
3. Collect sample:



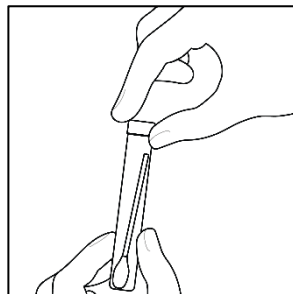
- a. Wash or sanitize hands. Remove swab from packaging, touching only the handle and avoiding the soft tip.



- b. Gently insert the **entire** soft tip of the swab into one nostril. Using moderate pressure, rub the swab slowly in a circular motion around the inside wall of your nostril **four** times. The swab tip should be touching the inside wall of your nostril through each rotation.



- c. Repeat the same process with the **same swab** in the other nostril. The process should take 10-15 seconds per nostril.ⁱ



- d. Insert the entire swab, tip first, into the tube. Screw cap on tightly.

4. Place tube in specimen bag. Force out excess air and securely seal bag.

5. Discard swab handle. Recycle kit box.

6. Turn in sample as directed.

ⁱSimply twirling the swab against one part of the inside of the nose or leaving the swab in the nose for 10-15 seconds may result in an insufficient sample.