1. Insert cotton swab into right nostril.
2. Rotate 3x along inside edge of nostril.
3. Repeat for left nostril.
4. Place cotton swab into collection tube tip-end first (be sure not to touch the cotton tip).
5. Break off and dispose of the other end of the swab.
6. Close the collection tube, place in the plastic bag provided, and deposit into the cooler at the testing site.