Self-Administered Swabbing

1. Insert cotton swab into right nostril.
2. Rotate 3x along inside edge of nostril.
3. Repeat for left nostril.
4. Break the swab at the perforation (be sure not to touch the cotton tip).
5. Drop swab into liquid in test tube and dispose of other end of swap.
6. Close the collection tube TIGHTLY, place in plastic bag provided, and deposit into marked receptacle on table.