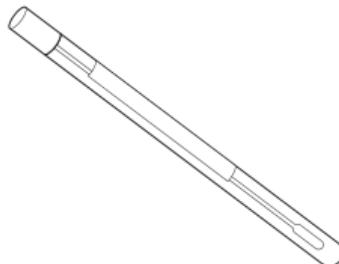


HOW TO COLLECT YOUR THROAT SWAB

What you will need



Throat swab

Before you start

- Locate the swab for you testing labelled “Pharyngeal”
- Do the test in front of a mirror. This will help you see where to swab.
- Avoid taking a throat swab immediately after eating or drinking.

Helpful tips

- Scan this QR code with your cell phone camera for videos and tips to help you collect your throat sample.
- Try not to let the swab touch your teeth or tongue.
- Taking the swab shouldn't hurt but may make you gag.



Instructions

1 Wash your hands and unpack the kit on a clean surface.



2 Remove the throat swab from the tube. Do not lay it down or touch the tip.

3 Open your mouth wide and stick your tongue out. Look for the arch at the back of your mouth.

4 Rub the tip of the swab around the back of your throat. Swab the five areas shown with arrows in the image here.



5 Rub the swab across the very back of your throat several times.

6 Put the swab back into the tube and push tightly to close it.