The 4Ds of a quality nasopharyngeal swab

The first step in confirming COVID-19 is taking a quality sample. Taking an inadequate sample can lead to false-negative results.

**Direction**

The swab is directed **toward the ear**, never upward.

**Depth**

Sample **exactly** where the virus is: the very back of the nasal cavity.

**Duration**

Leave in place for **5-10 seconds** to let the secretions get absorbed.

**Dialing**

Several rotations of the swab as you remove it dislodges and captures nose cells containing the virus.

Hold your phone’s camera over the QR code to see a short video on the NP swab technique: https://vimeo.com/516853275/c67017fd3a