Your COVID-19 self-test kit includes: swab, liquid-filled tube and a specimen bag

Contents of self-test kits may differ slightly between airports and may look different than shown. The self-test steps are the same.

**At the airport:** ensure all the personal information on the tube is correct.

**At home:** Wash or sanitize your hands before beginning the self-test.

Remove the swab from the package. **Do not touch the soft tip.**

Open your mouth widely. Rub and rotate the swab on the very back/sides of your throat (avoid your tongue and cheeks).

Using the same swab, rub and rotate 3 times on the inside of both nostrils (inserting no more than 1-2 cm).

Put the swab into the tube, breaking the swab at the line. The swab will drop into the liquid.

Tightly screw the cap onto the tube, put into the specimen bag, squeeze air from the bag and seal it.

Wash or sanitize your hands after handling your swab and tube.

You must deliver the COVID-19 self-test to the closest Primary Assessment Centre within 48 hrs of arrival in Nova Scotia and no later than 6 hrs after collecting your sample. **Locations around the province are listed at nshealth.ca/coronavirustesting.**

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For information visit: nshealth.ca/coronavirustesting