

THROAT and NOSE SWAB GUIDE TO SAMPLE SELF-COLLECTION for the detection of SARS-CoV-2

PRIOR TO COLLECTING YOUR THROAT AND NOSE SWAB

- Avoid eating, drinking, smoking, chewing gum, or brushing your teeth for 1 hour
- Neatly label your requisition with the date/time, your name, date of birth, health card number, university ID number if applicable, and contact information
- Neatly label your tube with your name, date of birth, and health card number

Collection kit

One swab, one liquid-filled tube*

*appearance may change based on supply



View a short [video](#) on specimen self-collection

1

Wash or sanitize your hands



2

Remove the swab from the package without touching the swab tip



3

Open your mouth widely and rub+rotate the swab on the very back/sides of your throat (avoid tongue and cheek)



4

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



5

Place the swab into the tube, breaking the shaft at the pre-cut line – the swab will drop into the liquid



6

Screw the cap onto the tube snugly, place into a specimen bag and refrigerate until transport to the lab



7

Wash or sanitize your hands

8

Place your folded requisition in the outer sleeve of the specimen bag