

The 4Ds of a quality nasopharyngeal swab

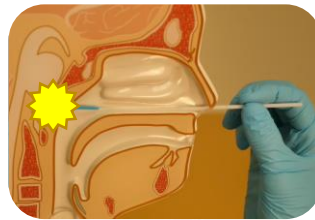
The first step in confirming COVID-19 is taking a quality sample. Taking an inadequate sample can lead to false-negative results.

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>

