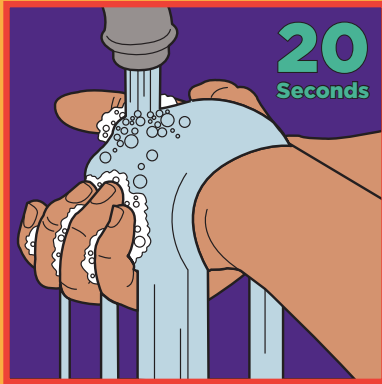
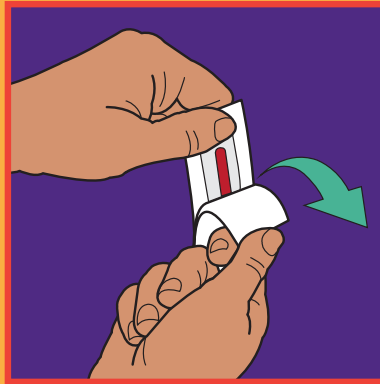


TEST YOURSELF

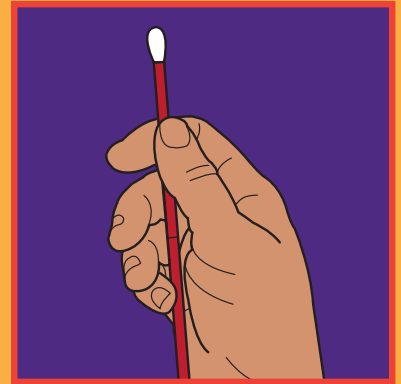
How to collect a frontal swab



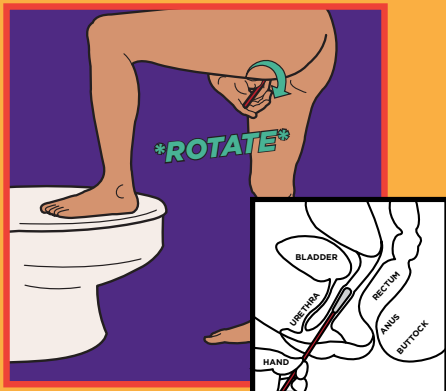
STEP 1. Wash your hands. Make sure that the tube is labeled with your name and correct site of collection.



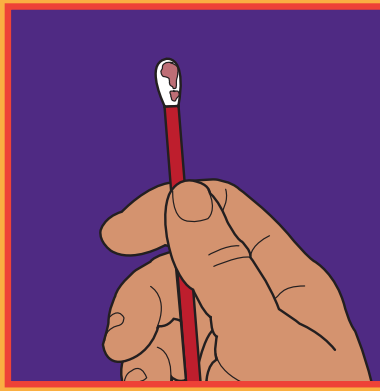
STEP 2. Open the swab package.



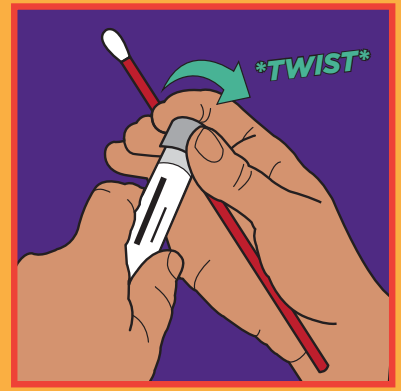
STEP 3. Hold the swab above the line. Don't touch the cotton tip of the swab.



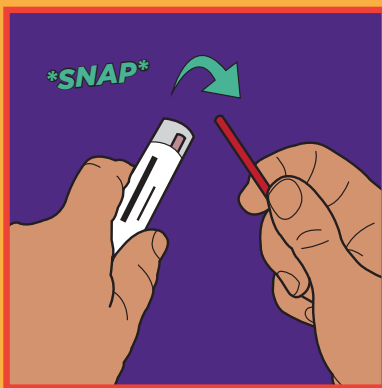
STEP 4. Insert the swab 1-2 inches into the frontal opening and rotate the swab for 15 seconds, with the swab touching the sides internally.



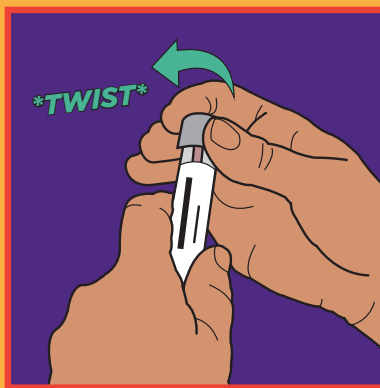
STEP 5. Remove the swab, but do not put the swab down. It is okay if there is discharge or blood on the swab.



STEP 6. Hold the swab and twist the cap from the tube. Don't spill the liquid in the tube.



STEP 7. Place the swab into the tube, then snap it at the line.



STEP 8. Twist the cap back on tightly to prevent leaks.



STEP 9. Wash your hands.

FOLLOW STAFF INSTRUCTIONS ON WHERE TO PLACE YOUR SPECIMEN AFTER COLLECTION

