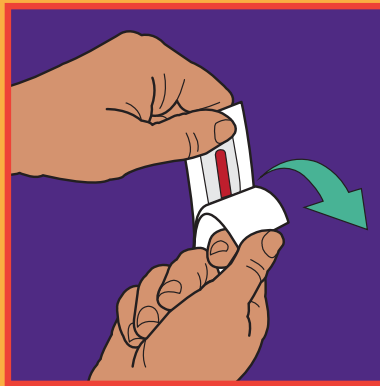


# TEST YOURSELF

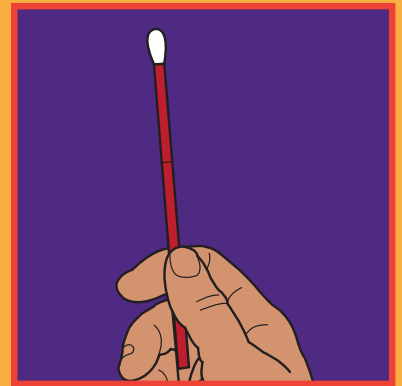
## How to collect a throat swab



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



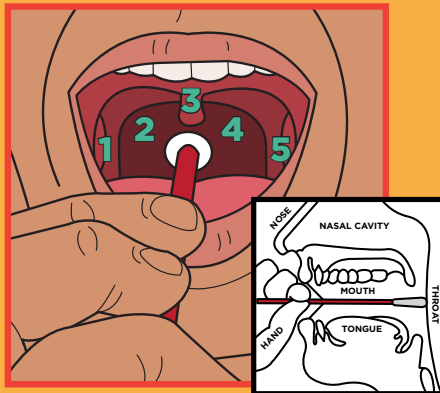
**STEP 2.** Open the swab package.



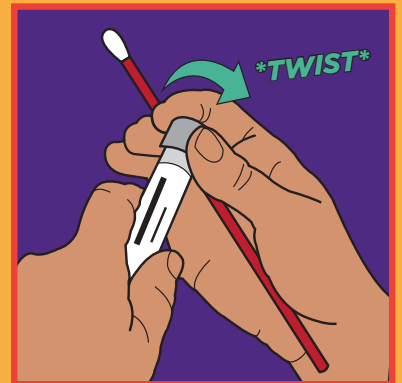
**STEP 3.** Hold the end of the swab. Don't touch the cotton tip of the swab.



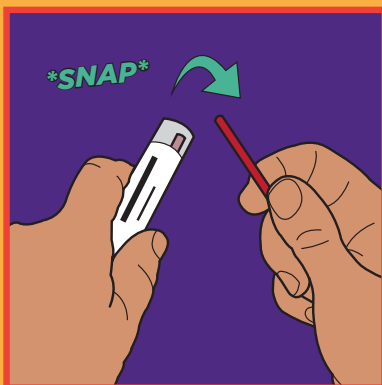
**STEP 4.** Look in the mirror and open your mouth wide.



**STEP 5.** Say Ahhhh... swab the 5 areas of your throat.



**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**