How to Collect an Anterior Nasal Swab Specimen for COVID-19 Testing

Use only an authorized specimen collection kit given to you by your healthcare provider or personnel at the testing center, or purchased over the counter in a pharmacy or other store. Follow the instructions included with the specimen collection kit which may be used on-site or at home. Use only materials provided in the kit to collect and store or mail the specimen, unless the kit says to do otherwise. These instructions can also be used with self-testing kits if the kit specifies anterior nasal swab collection.

**Set-up**

1. Disinfect the surface where you will open the collection kit. Remove and lay out contents of kit. Read instructions before starting specimen collection.

2. Wash hands with soap and water. If soap and water are not available, use hand sanitizer.

**Specimen collection**

3. Remove the swab from the package. Do not touch the soft end with your hands or anything else.

4. Insert the entire soft end of the swab into your nostril no more than \( \frac{3}{4} \) of an inch (1.5 cm) into your nose.

5. Slowly rotate the swab, gently pressing against the inside of your nostril at least 4 times for a total of 15 seconds. Get as much nasal discharge as possible on the soft end of the swab.

6. Gently remove the swab.

7. Using the same swab, repeat steps 4–6 in your other nostril with the same end of the swab.