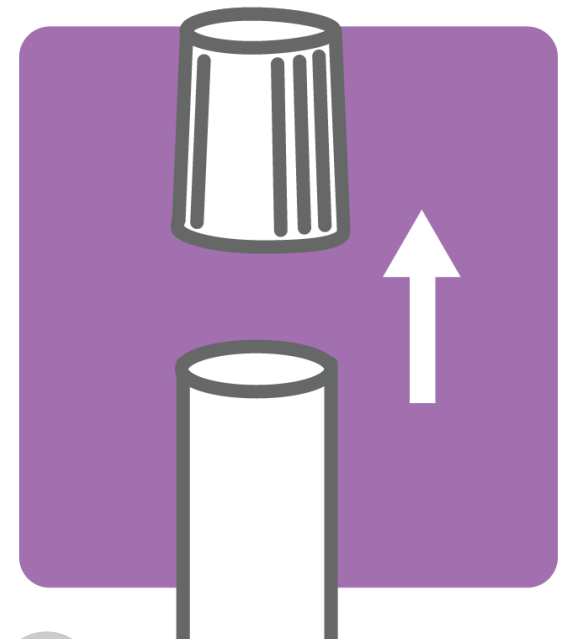




1 Blow your nose



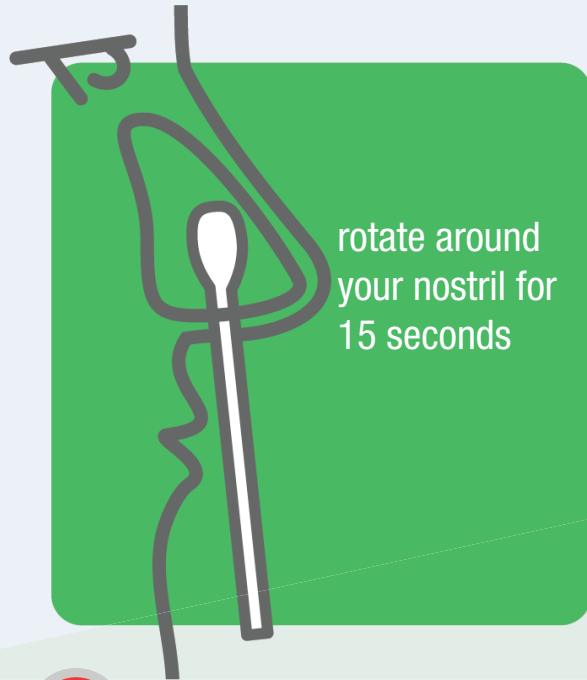
2 Wash your hands (with soap and water for 20 seconds)



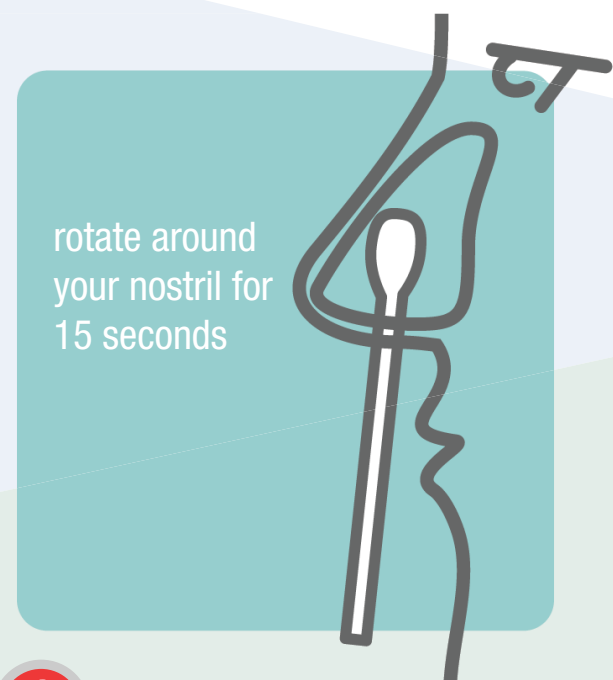
3 Remove the cap from the collection tube



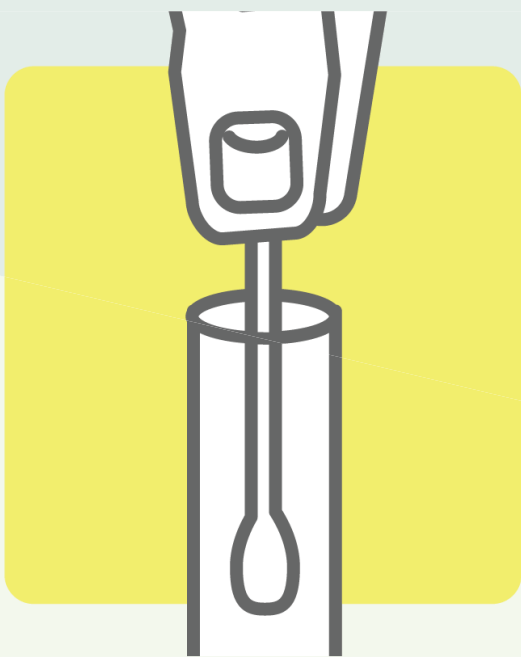
4 Open the swab package (but don't touch the cotton tip)



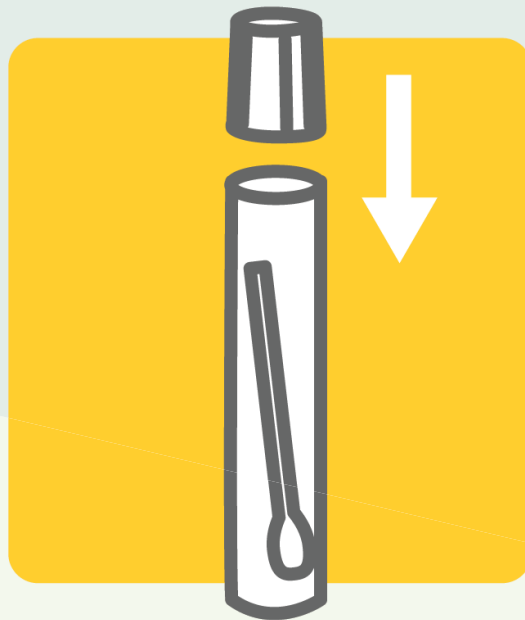
5 Insert the swab into one nostril



6 Repeat in the second nostril



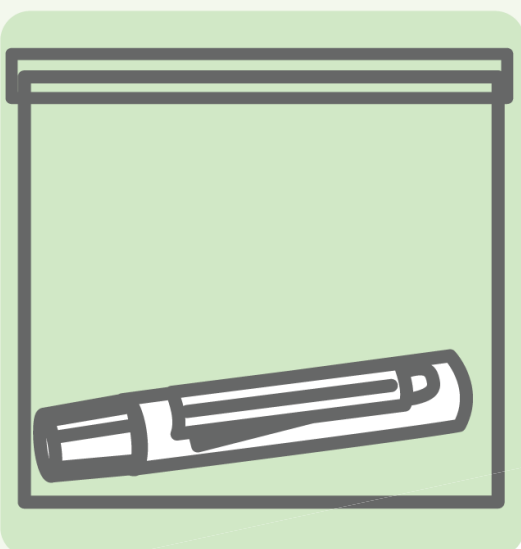
7 Put the swab in the tube (cotton side down)



8 Push cap tightly back onto tube and wash your hands



9 Put the barcode label on the tube

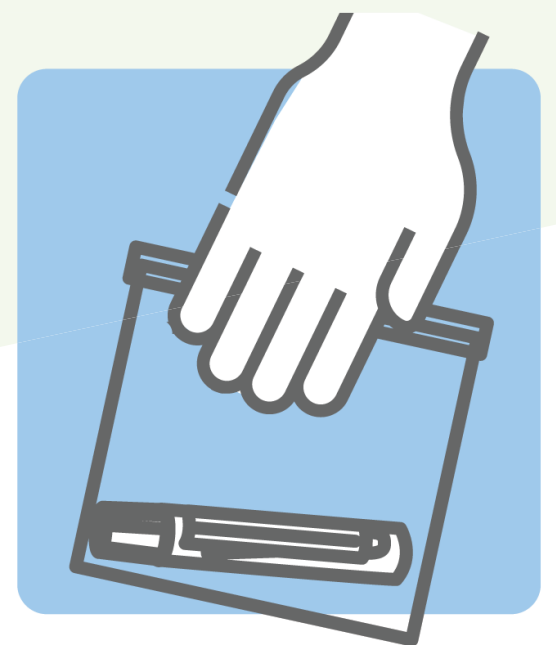


10 Place tube back inside testing kit bag



11 Write down the time and date of the swab

12 Write down each person's name and date of birth



13 EMPLOYEE: Return kit to Cabot Testing Center within 48 hours