Blow your nose

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

Remove the cap from the collection tube

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

Put the swab in the tube (cotton side down)

Insert the swab into one nostril

Rotate around your nostril for 15 seconds

Repeat in the second nostril

Put the swab in the tube

Push cap tightly back onto tube and wash your hands

Put the barcode label on the tube

Write down the time and date of the swab

Write down each person’s name and date of birth

EMPLOYEE: Return kit to Cabot Testing Center within 48 hours