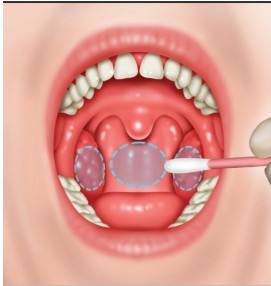


HOW TO TAKE A PHARYNGEAL SELF-SWAB

1. Open kit and remove orange topped tube. Remove the lid carefully to avoid spilling the liquid. Leave it somewhere that you won't knock it over.
2. Remove swab from the packet.



3. Open mouth widely. Rub swab around the sides at the back of the mouth. Be sure to make contact with areas indicated

4. Immediately place the swab into the tube so that the soft tip of the swab is visible below the tube label.
5. Carefully break the shaft at the scoreline and discard the top portion of the shaft. The swab will drop to the bottom of the tube. Tightly screw the cap onto the tube.
6. Place in bag provided. Check that the tube is labelled and put it in the sealable part of the plastic specimen bag.
7. Drop the bag off at the hatch in the Health Centre or at the lab (website to find your local lab is at the top of the sample request form).

