ANTERIOR NARES COLLECTION

1. Open package
   Remove the tube from the wrapper by pulling the two ends of the wrapper apart (like you would to open a band-aid).

2. Open swab tube
   - Twist the cap to remove swab from tube.
   - Be careful to only touch the cap, not the swab tip.
   - Do not detach the swab from the cap.

3. Swab first nostril
   - While holding the cap, gently insert the entire soft tip of the swab into one nostril until you feel a bit of resistance (less than 1 inch into the nostril).
   - Using medium pressure, rub the swab slowly in a circular motion around the inside wall of the nostril four times.
   - The swab tip should be touching the inside wall of the nostril through each rotation.

4. Swab second nostril
   - Repeat the same process with the same swab in the other nostril.
   - Refer to the app, or visit www.healthpulsenow.org/nose to view an animation showing how to swab both nostrils.

5. Put swab in tube
   - While holding swab cap, put the swab back into the original tube, tip first.
   - Screw the cap back onto the tube.
   - Do not use excessive force to tighten.
   Return tube to site coordinator.