

ANTERIOR NARES COLLECTION

1

Open package

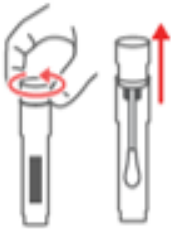
Remove the tube from the wrapper by pulling the two ends of the wrapper apart (like you would to open a band-aid).



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

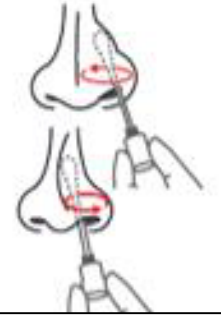
- While holding the cap, gently insert the entire soft tip of the swab into one nostril until you feel a bit of resistance (less than 1 inch into the nostril).
- Using medium pressure, rub the swab slowly in a circular motion around the inside wall of the nostril four times.
- The swab tip should be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