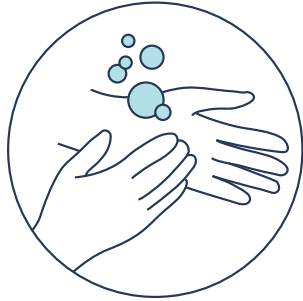


# Instructions for Swabbing Your Nose

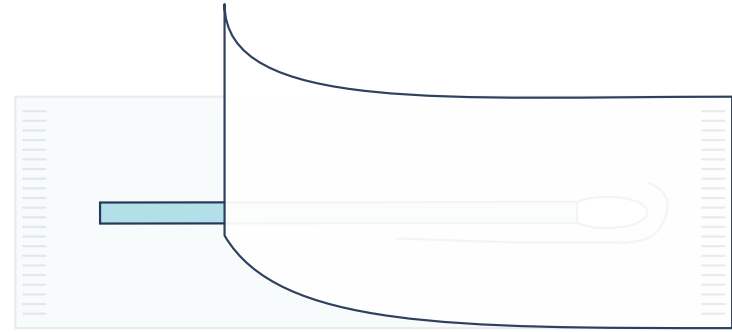
1.



## Clean your hands.

Wash your hands or use hand sanitizer.

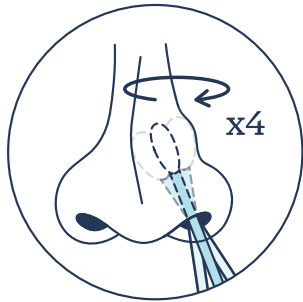
2.



## Open the swab.

Peel the wrapper open like a packet of string cheese. Be careful — don't touch the cotton tip!

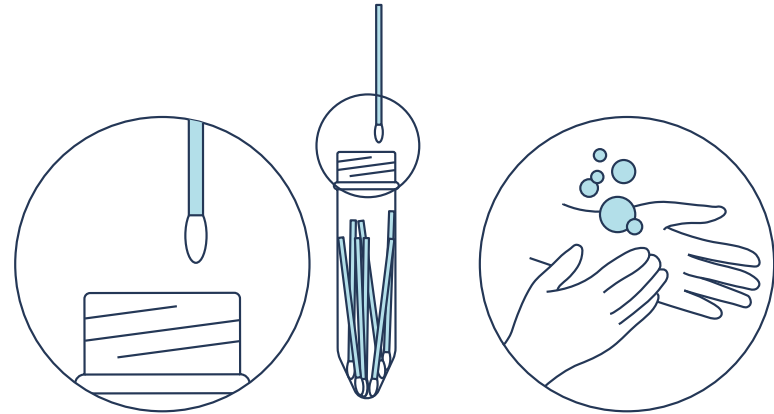
3.



## Swab your nose.

Put the cotton tip into one nostril. Be gentle and stop when you feel push-back. Rub the swab around your nostril in a circle 4 times. Make sure the cotton tip touches the inside of your nose the whole time. Count, "1, 2, 3, 4—switch!" Then do the same in your other nostril.

4.



## Put the swab in the tube.

Carefully place the swab in the tube. Booger side down, not up! And be sure not to touch the tube. Then, clean your hands. You're done! Woohoo!