

# HOW TO COLLECT YOUR ANTERIOR NASAL SWAB SAMPLE FOR COVID-19 TESTING



Follow the instructions included with your sample kit. Use **only** materials provided in your kit to collect and store your sample, unless the kit says to do otherwise. Use **only** an approved sampling kit given to you by your healthcare provider or by personnel at the testing center.

## Initial set-up

1. Open the sampling kit.



2. Apply hand sanitizer with at least 60% alcohol.



## Sample collection

3. Remove the swab from the container, being careful not to touch the soft end with your hand.



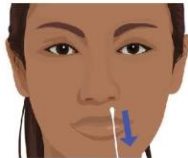
4. Insert the swab into your nostril. Do not insert it more than half an inch into your nostril.



5. Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds.



6. Gently remove the swab.



7. Using the same swab, repeat steps 4-6 in your other nostril.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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## Instructions for obtaining nasal swab

1. Employees will open the sampling kit.
2. Employees will give you hand sanitizer before you handle the test kit.
3. Remove swab from the package, being **careful not to touch the soft end with your hand**
4. Insert the swab into your nostril **no more than a half**
5. Slowly twist the swab, rubbing it along the insides of
6. Gently remove the swab
7. Using the same swab, insert swab into your **other** nostril (no more than a half inch) Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds
8. Place the swab in the sterile tube and snap off the end of stick at the break line. Place cap on tube.

Our Employees will open the package for you and provide hand sanitizer.

## Important Information

- All patients *with symptoms* are recommended to quarantine until they receive their test results
- Any patients *with an exposure* to a known positive patient are recommended to quarantine for 14 days from the last day of contact with the positive person. **A negative test does not change the duration of quarantine.**
- The COVID test you received will be mailed out so results may take 48-72 hours for SMH to receive
- You will be contacted by phone with your results, but you may receive a letter if we are unable to reach you by phone
- You may contact LMAS health department for questions regarding potential exposures at 906-341-6951
- Symptoms may appear 2-14 days after exposure to the virus.
- Symptoms of COVID to monitor for include, but are not limited to:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- Look for emergency warning signs for COVID-19. If you or someone is showing any of these signs, seek emergency medical care immediately:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
  - \* If possible, please call ahead so we can prepare for your arrival
- **For Triage/Rapid testing, patients should meet one of the following criteria:**
  - Any symptoms suggestive of COVID
  - High risk exposure (<6 feet x 15 min with a positive person, regardless of masked status in a 24-hour period)
  - Advised by health department to obtain a test
  - Advised by VA to obtain a test
  - Having a procedure or surgery that requires pre-operative testing based on Schoolcraft Memorial Hospital's current criteria
- Please call the Triage Line at **906-341-3200 Ext. 1837 to schedule a rapid test.**