

## How to take a swab sample



Do not touch the tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab. If it touches anything else, it may spoil your sample.

**Never touch the fabric strip with your hands.**

Swabbing may feel uncomfortable, do not insert swab any deeper if there is strong resistance or pain.



Holding the swab between your fingers, open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been). Do this with firm contact 4 times on each side (use a torch or a mirror to help you do this). Carefully remove the swab from the back of your throat.



Put the same swab gently into 1 nostril until you feel a slight resistance (about 2.5cm up your nose).

**Roll the swab firmly around the inside of the nostril, making 10 complete circles.**