Nasal Swab Sample Collection Instructions

1. Use hand sanitizer.
2. Pick up the tube.
3. Scan tube barcode using the UCSD mobile app on your phone or tablet.
4. Make sure the barcode number on the top of the app’s confirmation page matches your tube.
5. Peel open swab package.
6. Insert swab tip 1 cm (1/2 inch) into one nostril. Rotate tip against septum 3 times. Hold in place 15 seconds.
7. Repeat with other nostril.
8. While holding the swab, unscrew tube lid. Drop the swab into the tube.
9. Screw on tube lid firmly.
10. Use hand sanitizer.