1. **Remove the cap of the collection tube.**
   Keep the cap and collection tube nearby.

2. **Open the package with the swab.**
   Starting from the handle end of the swab package, peel open the paper backing. Pull swab out of its packaging by the handle.
   **Note:** Do not touch the soft tip with your hands or lay it down on any surface.

3. **Rotate swab tip in your first nostril, 3 times.**
   Insert it into one nostril just until the soft tip is no longer visible, about 1 inch. Rotate it in a circle around the inside edge of your nostril at least 3 times.
   **Note:** Do not force the swab any further.

4. **Repeat in your other nostril, 3 times.**
   Repeat the previous step in your second nostril, using the same end of the swab.
   **Note:** You will use the same swab for both nostrils.

5. **Put the swab into the collection tube.**
   The soft tip of the swab that went into your nose should go into the tube first.

6. **Push the cap of the collection tube closed.**
   You’re almost done! Make sure the top is closed tightly.
   **Note:** After closing the collection tube, use hand sanitizer to clean your hands thoroughly.

7. **Put the collection tube into the biohazard bag.**