

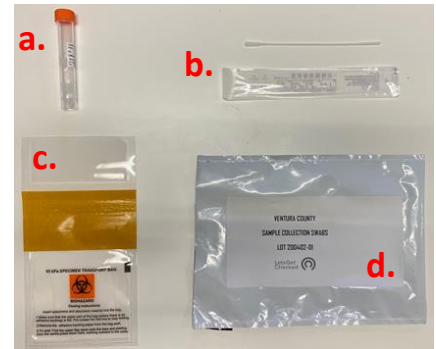
VENTURA COUNTY HEALTH CARE AGENCY

COVID-19 Self-Swab Nasal Specimen Collection

1 Open self-swab collection kit.

The kit will contain the following items, which will be used to collect the nasal specimen for your test.

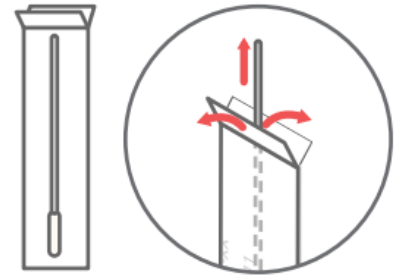
- a.) Specimen tube
- b.) Nasal swab
- c.) Specimen bag
- d.) Test kit bag



2 Open nasal swab.

Remove the nasal swab from the package by pulling the two ends of the wrapper apart (like you would open a band-aid).

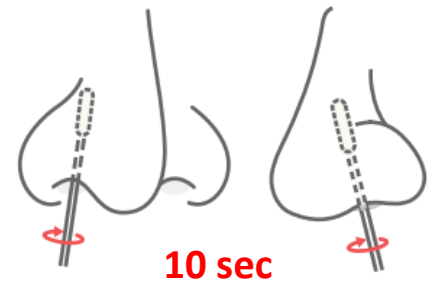
Be careful to only touch the handle and not the tip. Do not lay the swab down on any surfaces.



3 Swab each nostril for 10 seconds.

Insert the **entire** soft tip of the swab into one nostril until you feel a bit of resistance. Gently twist the handle to rotate the swab in a circular motion in your nostril for **ten seconds**.

Next, gently insert **the same swab** into the other nostril and rotate it in a circular motion for another 10 seconds. You must collect samples from **both** nostrils.

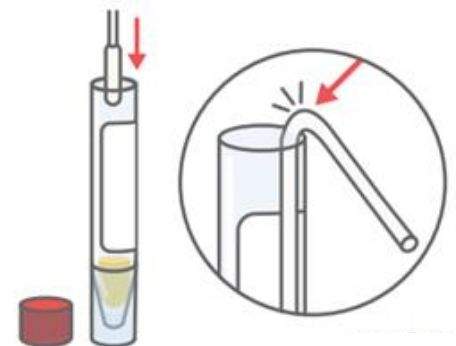


4 Place swab in tube.

Carefully unscrew the lid from the tube, being careful not to spill the liquid. Insert the swab **tip first** into the tube.

Once the tip is at the bottom, break the swab handle at the top of the tube by bending it back and forth.

Screw the cap back on tightly.



5 Place tube in specimen bag.

Place the tube into the specimen bag and seal the top of the bag. Do not remove the absorbent pad or paper order from the bag.

Roll your car window down just far enough to place the specimen bag into the collection bin.



6 Discard test kit bag.

Do not place the tube in the large specimen kit bag. Discard this bag as trash when you return home.



7 Test results.

A healthcare professional will contact you with your test results when they are available, typically within 2-7 days.

8 Stay at home and take care of yourself.

While you are waiting for your test results, stay home and take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen (Tylenol), to help you feel better. Do not leave your home, except to get medical care.

Monitor your symptoms. Most people have mild illness and can recover at home. Contact your healthcare provider if your symptoms get worse or seek immediate medical care if you have trouble breathing or other symptoms that are severe or concerning to you.

For more information about COVID-19 and how to care for yourself if you are sick, visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>