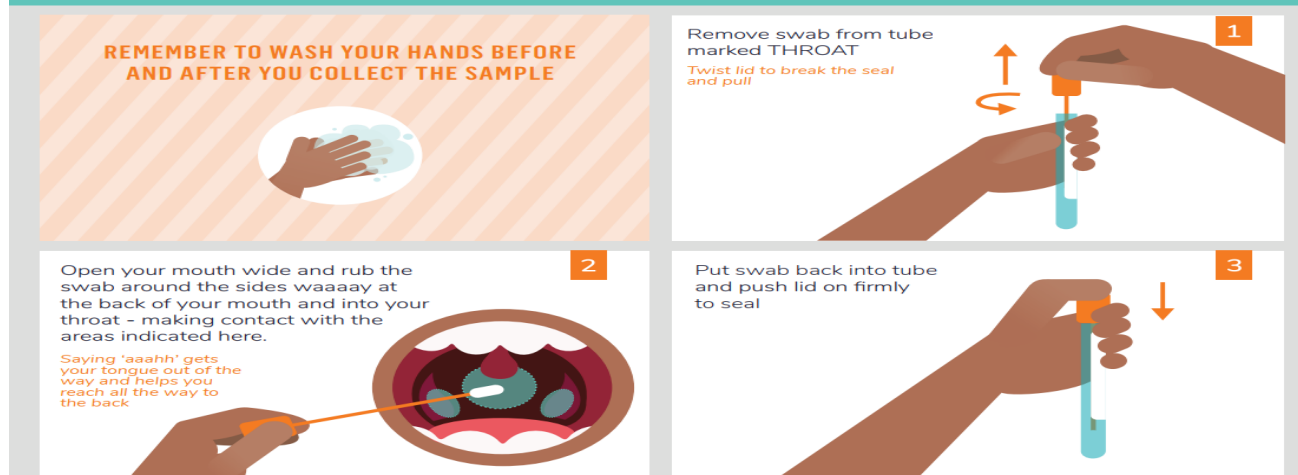


Throat Swab Collection – self collection instructions

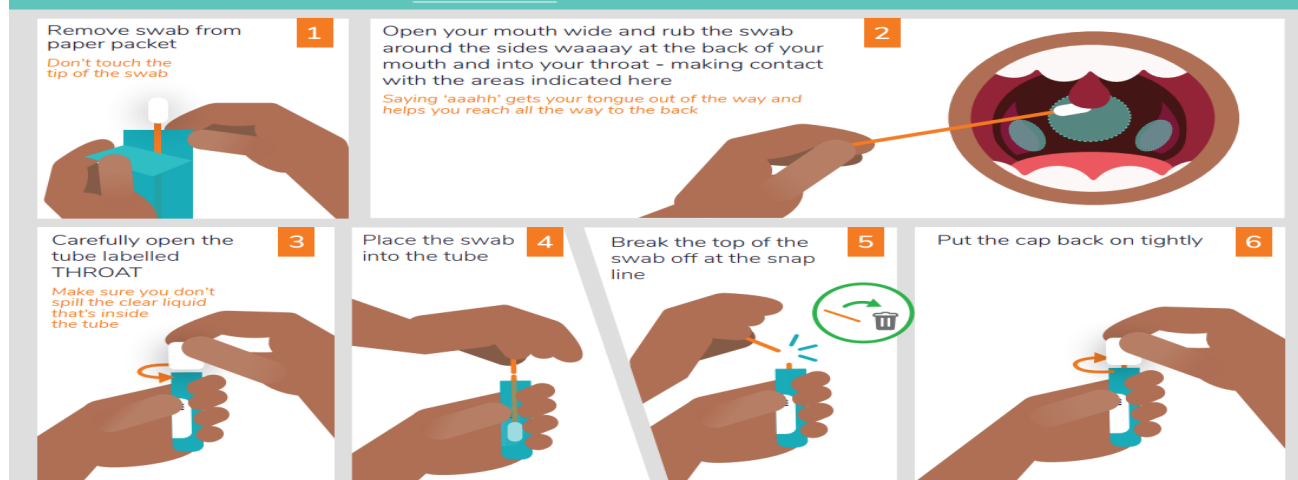
Test Procedure

1. Wash your hands with soap and water.
2. Open the packet and remove the orange swab. Don't touch the soft tip of the swab with your hands or other surfaces.
3. Open your mouth as wide as you can, take a deep breath and hold it.
4. Trying not to touch your tongue, put the swab to the very back of your throat. (It's okay if you accidentally touch your tongue) Rub the tip firmly and quickly from one side of your throat to the other and back. It's okay if you gag.
Saying 'aaahh' gets your tongue out of the way and helps you reach all the way to the back.
5. Remove the swab from your mouth and carefully put it into the screw top tube. Snap off the swab at the scored area (weak point halfway down the swab). Do not break the swab at any other place. Make sure the lid is on tightly.
6. Label the tube with your full name, date of birth, date, time of collection and swab site (throat).
7. Return labelled tube and form in the provided biohazard bag to your medical centre or one of our collection centres.

HOW TO TAKE YOUR THROAT SWAB



HOW TO TAKE YOUR THROAT SWAB



Reminder: Have you labelled the container?

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If you require further information regarding your test procedure please visit www.awanuilabs.co.nz and select your region.