

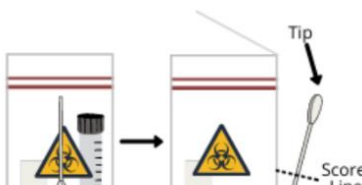
COVID-19 Oral Swab Collection Instructions

Prior to starting your sample collection:

- Refrain from food, drink or mouthwash for **20 minutes**
- Please collect sample **no more than 3 days before** your scheduled dropbox pickup date

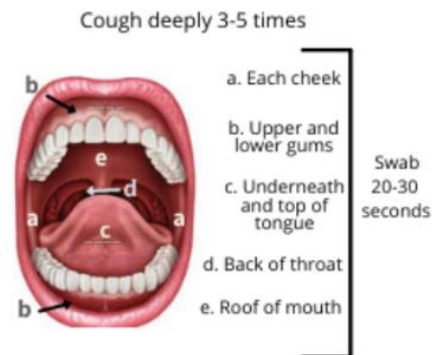
1. Print your Name (Last, First), Date of Birth (MM/DD/YYYY) and Collection Date (MM/DD/YYYY) on included label and on label attached to the biohazard collection bag.

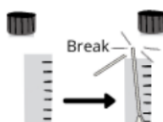
If enclosed, read and complete the Authorization for Disclosure and Use of Medical Information form. Return the signed form to the biohazard collection bag.

2.  Peel open the swab package and remove the swab. **Do not touch the swab tip or place the swab on any surface area before or after sample collection.**

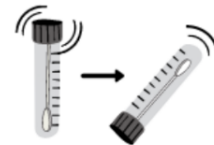
3. Hold the swab on its score line (marked area about $\frac{2}{3}$ of way on stick). Cough deeply 3-5 times into your elbow or mask (make sure you are away from other people, preferably outdoors or in your car).

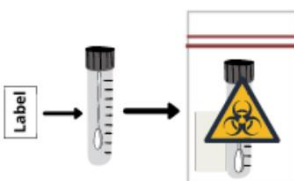
Then for **20-30 seconds** swab the inside of (a) each cheek, (b) upper and lower gums, (c) underneath and top of tongue, (d) back of throat and (e) roof of mouth.



4.  **Do NOT drink the liquid inside the tube.** Uncap the lid of the tube and carefully insert the swab with sample/swab side down into the liquid. Align the score with the top of the tube. **Carefully break the swab at the score line.**

5. Securely cap the tube. Turn it upside down several times to mix the specimen with tube solution.



6.  **Attach a label (vertically) to the sample collection tube.** Place the tube back in the biohazard collection bag. Please leave the absorbent pad in the bag.

Seal the biohazard collection bag closed and drop it off in the designated dropbox at your institution.

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