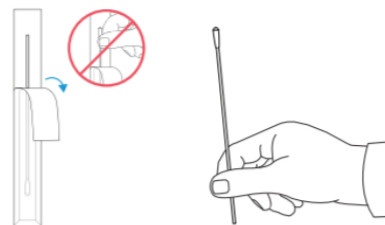# How do I take a nasal swab for my COVID test?

1. **Read the instructions in the test kit and follow the steps carefully.** Nasal samples done incorrectly may give inaccurate results.

2. **Wash your hands with soap and water** for at least 20 seconds or use sanitizer to clean hands, rubbing hands and fingers until dry.

3. **Open swab package at stick end.** Take swab out. Do not touch the cotton tip or let it touch any surface.

4. Keep your head facing forward. Insert the entire absorbent tip of the swab into your left nostril (**about ¾ inch deep**)

   Up to 3/4 of an inch.

5. Firmly brush swab against the inside of your nostril in a *circular* motion **5 times** or more for **15 seconds**

   x5

6. Remove swab, insert it into your right nostril, and **repeat steps #4-5.**

7. **Place swab in tube or card with solution**, depending on the test kit. Carefully follow the rest of the instructions for that test kit.

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