CONTROL COVID-19 IN LTCH STUDY
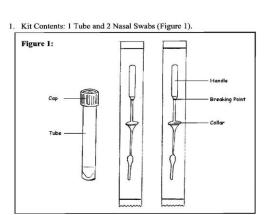## HOW DO I COLLECT MY OWN NASAL SWAB?

CONTROL COVID

CONTROL OF COVID-19 OUTBREAKS
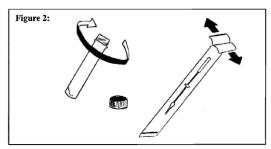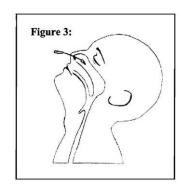IN LONG TERM CARE

1. Wash your hands using soap and water or alcohol-based hand sanitizer
2. Remove cap from the tube and place cap upside down on a clean surface. Open plastic swab packaging at the end nearest to the handle (Figure 2).
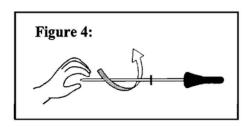
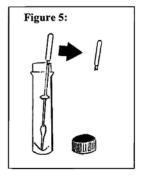**NOTE: Due to limitation of supplies, type or brand of swab may vary.**

3. Take the swab by the end of the handle. Place the tip of the swab onto the back surface of your tongue (as far back as you can reach), and rub the swab back and forth. Remove the swab, then gently insert it straight into one nostril about 2-3 cms. (Figure 3). Rotate it three (3) times while in your nose, pressing gently against the inside surface of your nose (Figure 4). Using the same swab repeat the process in your other nostril.
4. Place this swab inside the tube until the end touches the bottom. Bend the swab shaft against the side of the tube to remove the handle at the breaking point (Figure 5)
5. Cap the tube tightly.
6. Fill out a label (attached). Attach the label length wise to the tube (Figure 6), place the tube inside the biohazard bag, and seal the biohazard bag.
7. Place the sealed biohazard bag in the pre-addressed envelope and seal.
8. Wash your hands using soap and water or alcohol-based hand sanitizer
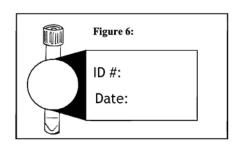9. Call courier to pick up sample (see end of page for pick up instructions).

1. Kit Contents: 1 Tube and 2 Nasal Swabs (Figure 1).

Figure 1: Cap, Tube, Handle, Breaking Point, Collar

Figure 2:

Figure 3:

Figure 4:

Figure 5:

Figure 6: ID #: Date:

Send swab by courier: call A&B courier **Toronto** **905-881-9444** or **York Region 905-853-44441-888-387-8856** (and press '0')
- Tell them you have a pick-up for "**Infectious Disease Research**" at Sinai Health, room 121
- Give them your address & phone number
- If you want, you can leave the swab in the mailbox – just tell the courier this when you call

IF YOU HAVE ANY QUESTIONS, Call 416-586-4800 EXT. 2763 or email CONTROL.COVID@sinaihealth.ca   Video instructions at www.tibdn.ca/control-covid