

HOW TO TAKE YOUR OWN THROAT SWAB

STEP 01:

Take the swab from the paper sleeve and look into the mirror.

STEP 02:

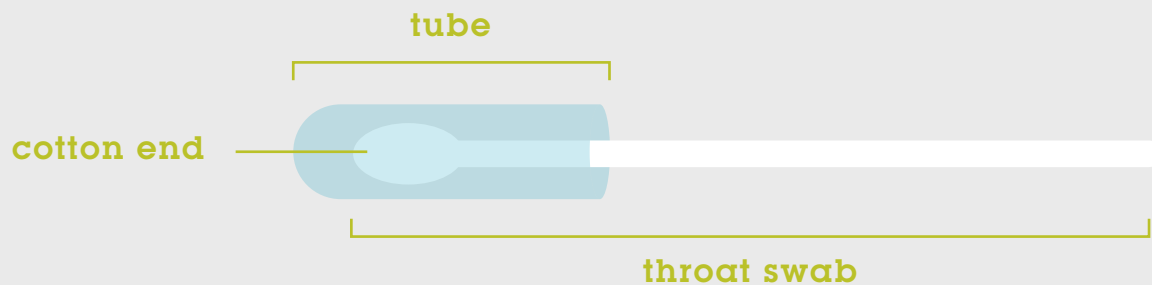
Open your mouth as wide as possible and say “Ahh”. Wipe the cotton tip of the swab around the throat: over the tonsils on both sides and on the very back part of the throat behind the uvula (“the dangly bit”). Try not to touch the teeth, cheeks or tongue with the swab.

STEP 03:

Remove the swab from your mouth and place it in the small tube marked “throat swab” - put the swab into the tube cotton end first.



swab these 3 areas



HOW TO TAKE YOUR OWN RECTAL SWAB

STEP 01:

Take the swab from the paper sleeve. Remove your lower garments. Squat down or lie down on your side or in a position that you feel comfortable with to take the swab.

STEP 02:

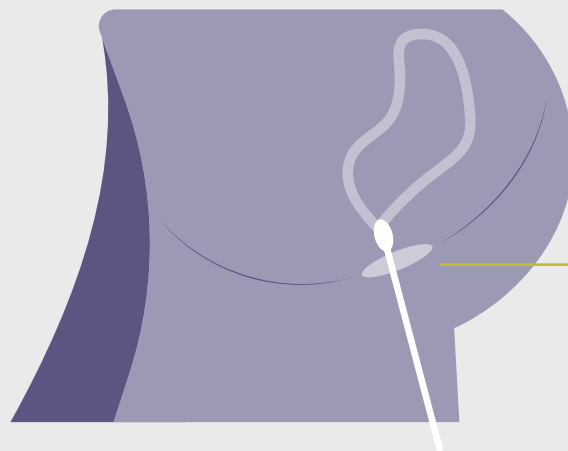
Take the swab and hold it just above the middle, in the front of the small black line.

STEP 03:

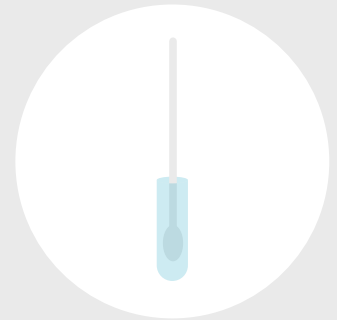
Gently insert the swab into your anus and slide it in 1/2 inch until your fingers are near your anus. Rotate the swab between your finger and thumb several times.

STEP 04:

Carefully remove the swab and place it in the small tube marked "rectal swab" - put the swab into the tube cotton end first.



rotate
gently



HOW TO TAKE YOUR OWN VAGINAL SWAB

STEP 01:

Wash your hands. Take the swab and place it near you. Remove your lower garments. Squat down or lie down on your back in a position that you feel comfortable with to use the swab.

STEP 02:

Grab the swab and hold it just above the middle.

STEP 03:

Gently insert the swab into your vagina about 2 inches inside the opening. Rotate the swab for 10 to 30 seconds making sure it touches the wall of your vagina on all sides.

STEP 04:

Carefully remove the swab and place it in the paper cup. Put the swab into the cup **cotton end first!**

