

Anal (Bottom) Swab

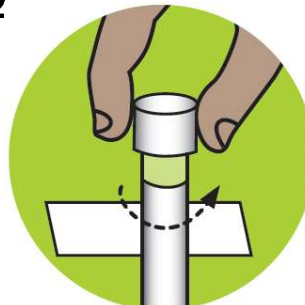
Please read all instructions before taking your sample

1



Wash your hands with soap and water.

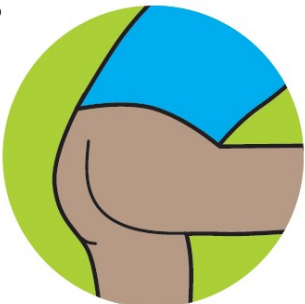
2



Open the packet and remove the blue swab.

Only use the **BLUE** swab.

3



Get into a position that gives you the easiest access to your anus (bottom).

Don't touch the soft tip of the swab with your hands or other surfaces.

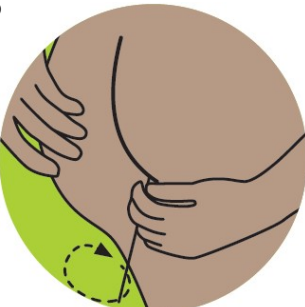
4



Take one hand and spread one cheek to the side.

With your other hand put the swab at the opening of your anus.

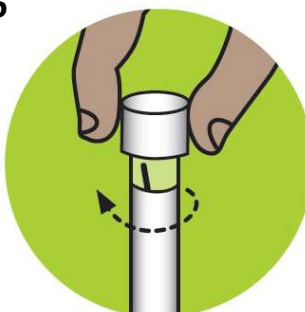
5



Push the swab about 4 cm inside.

Gently move the swab in a circle 2 or 3 times, touching the walls of your anus.

6



Remove the swab from your anus and carefully put it into the screw top tube.

7



Wash your hands with soap and water.

Snap off the blue swab at the scored area (weak point halfway down the swab).

Do not break the blue swab at any other place. Make sure the lid is on tightly.

8

Fill in your name, date of birth, sex, date, time, and swab site (anal) on the tube. Put the tube in the biohazard bag and take back to reception.



Throat Swab

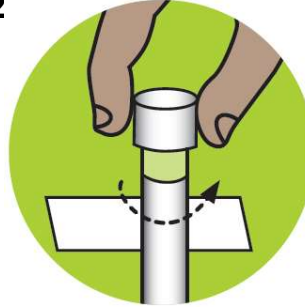
Please read all instructions before taking your sample

1



Wash your hands with soap and water.

2



Open the packet and remove the blue swab.

Only use the **BLUE** swab.

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 OK if you accidentally touch your tongue).

5



Remove the swab from your mouth and carefully put it into the screw top tube.

Rub the tip firmly and quickly from one side of your throat to the other and back.

It's OK if you gag.

Snap off the blue swab at the scored area (weak point half way down the swab). Do not break the blue swab at any other point.

Make sure the lid is on tightly.

6



Fill in your name, date of birth, sex, date, time and swab site (throat) on the tube.

Put the tube into the biohazard bag and take back to reception.