How to Collect Your Nasal Swab Sample

NYC HEALTH+ HOSPITALS
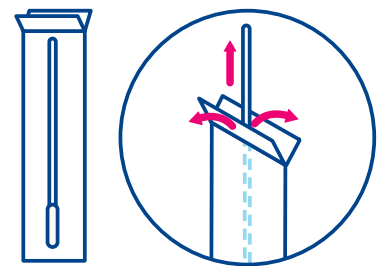
Thank you for getting a COVID-19 diagnostic test today! Please follow the steps below to collect your nasal swab sample. We are here to help if you have any questions or need help.
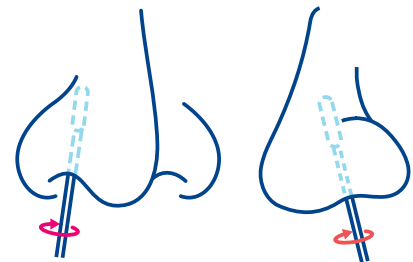
1 **Open Nasal Swab**

Remove the nasal swab from the wrapper by pulling the two ends apart (like you would open a band-aid). Be careful to only touch the handle, not the tip.
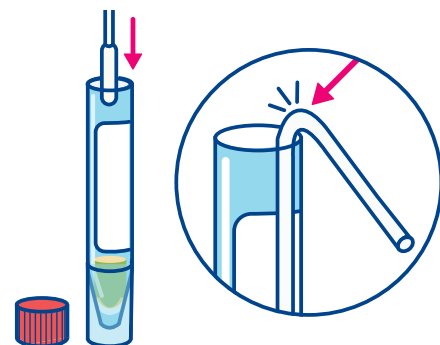
2 **Swab Your Nose**

Gently put the soft tip of the swab into one nostril, until you feel you can't push it further. Rub the swab around 4 times. Take out the swab slowly. Repeat this step in your other nostril with the same swab.

3 **Put Swab in the Tube**

Place the swab in the tube we gave you, tip first. When the tip touches the bottom, bend the swab handle to break it off. Give your tube to a member of our staff, who will share next steps.

We will send your sample for lab testing. When your results are ready, you will receive them via MyChart.