

## HOW TO TAKE A RECTAL SELF-SWAB

1. Open kit and remove orange topped tube. Remove swab from the packet.



2. Carefully insert the swab into your bottom about 2.5cms and gently rotate the swab for 5 to 10 seconds.

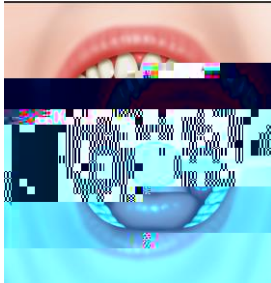


3. While holding the swab in your hand, unscrew the tube cap. Do not spill the tube contents. Place the swab into the tube then break the stick at the scoreline and discard the top portion of the stick. The swab will drop to the bottom of the tube. Tightly screw the cap onto the tube. P



## HOW TO TAKE A THROAT SELF-SWAB

1. Open kit and remove orange topped tube. Remove swab from the packet.



2. Open mouth widely. Rub swab around the sides at the back of the mouth. Be sure to make contact with areas indicated



3. While holding the swab in your hand, unscrew the tube cap. Do not spill the tube contents. Place the swab into the tube then break the shaft at the scoreline and discard the top portion of the shaft. The swab will drop to the bottom of the tube. Tightly screw the cap onto the tube. P



Drop off the bag at the hatch in the Health Centre (located down the hall to your left after entering the Health Centre) or at the labs (website to find your local lab address is on the request form). If the surgery is closed, you can also drop off the samples in the white box located outside the back door of ).