

# throat swab | instruction sheet

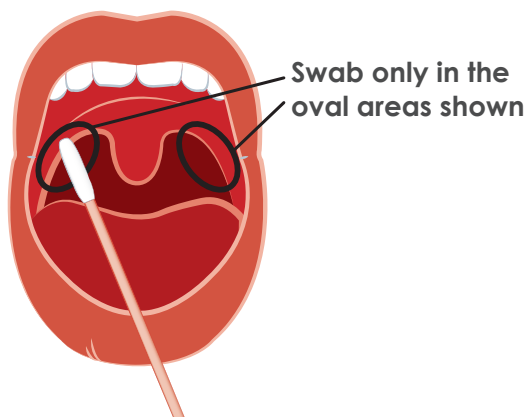
1. Wash your hands, dry with clean towel.

2. Unscrew the top of the tube, DO NOT empty the liquid from the tube. Place the opened tube on a flat surface so liquid will not spill out.

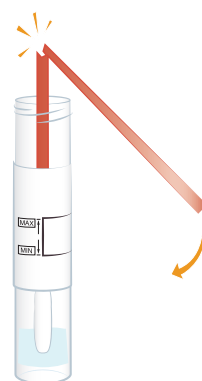


3. Open the swab without touching its tip. Try not to touch your tongue or cheeks with the swab.

4. Open your mouth wide, and using a mirror, wipe the cotton swab around your tonsils on both sides of your throat several times.



5. Insert the white part of the swab in the tube, and break off the swab on the side by folding it down.



6. Tightly secure the lid of the tube, leaving the swab inside.



7. Place the tube in the plastic biohazard bag, and place the bag safely aside. DO NOT seal the biohazard bag.



8. Dispose of swab wrapper and unused portion of the swab in your home garbage.

Once you are done collecting all required specimen, place the biohazard bag and the completed lab requisition form in the bubble mailer and see the mailing instructions insert. If you have any questions, contact a CareKit team member at [Carekit@emory.edu](mailto:Carekit@emory.edu) or 404.435.4513.