How to take your own COVID-19 sample

To test for coronavirus (SARS-CoV-2), we need a sample from inside each nostril using the same swab. The test is commonly administered by a healthcare professional, but you can safely take the samples yourself.

**Step 1**
- Before you start, please use hand sanitizer and rub hands together until dry.

**Step 2**
- The Specimen Collection staff will open the swab packet and hand you the swab.
- Please avoid touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.

**Step 3**
- Tilt your head back, lifting your chin up.
- Place the tip of the cotton bud gently 1 inch inside one of your nostrils.
- Gently rotate the swab 3–4 times around the inside of your nostril, then hold in place and count to 10 (approximately 3 to 5 seconds).
- With the same swab, repeat in the other nostril.

**Step 4**
- Once you have swabbed both nostrils, hand the swab back to the Specimen Collection staff.

**Step 5**
- Please finish by using hand sanitizer and rubbing your hands together until dry.