Self-Collection Instructions
Nasal (Anterior Nares) collection

Collection kit components

1. Peel off the label with your name and date of birth from the bottom of the test requisition and place it on the tube.
2. If a pre-filled label is not available, write your name and date of birth on the tube label with a blue or black pen.
3. Remove the swab from the package and do not touch the tip of the swab!
4. Position head slightly back, and insert the swab into the LEFT nostril, about one inch.
5. Rotate the swab in a circular motion around the entire inside edge of the nostril. Do this 2 times and then keep it in place for 15 seconds.
6. Repeat the same process in the RIGHT nostril using the same swab.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. 1.844.698.1022. ATENCIÓN: Si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. 1.844.698.1022. 注意：如果您使用繁體中文 (Chinese), 您可以免費獲得語言援助服務. 1.844.698.1022. QuestDiagnostics.com/home/nondiscrimination/ Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks are the property of Quest Diagnostics. All third-party marks—® and ™—are the property of their respective owners. ©2020 Quest Diagnostics Incorporated. All rights reserved. 05/2020.