

COVID-19 Infection Survey

How to take a combined throat and nose swab

To watch a video that shows how to take a swab, [see www.ndm.ox.ac.uk/covid-19/covid-19-infection-survey/video-guides](http://www.ndm.ox.ac.uk/covid-19/covid-19-infection-survey/video-guides)

To test for coronavirus, you need to provide a sample from two areas using the same swab.

- ① The back of your throat
- ② The inside of your nose (each nostril)

Please ensure you have read all instructions before you begin.

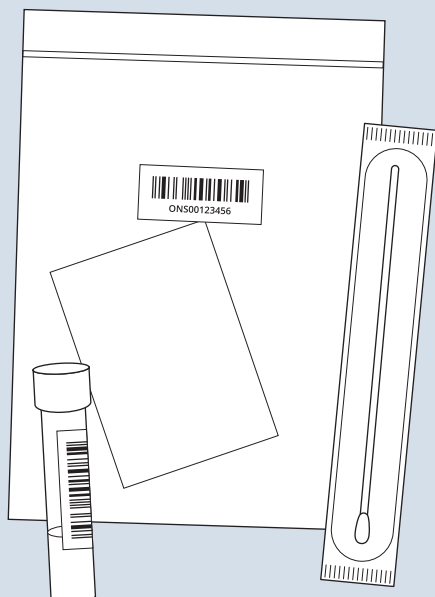
What's in your swab bag?

Everything you need for performing the test is found inside the swab bag given to you.

You will receive either

Bag 1:

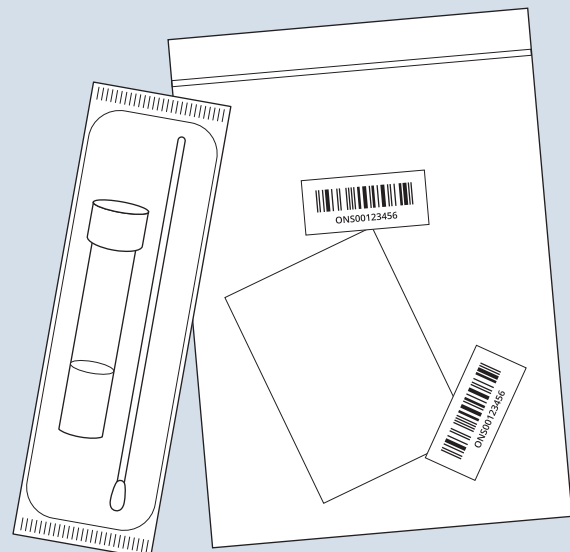
A swab bag with an absorbent pad inside, swab stick and a sample pot. The sample pot and swab bag have a barcode sticker stuck to them.



Bag 1

or Bag 2:

A swab bag, swab stick and sample pot. The swab bag has a barcode sticker stuck to it, with a loose barcode sticker and an absorbent pad inside.

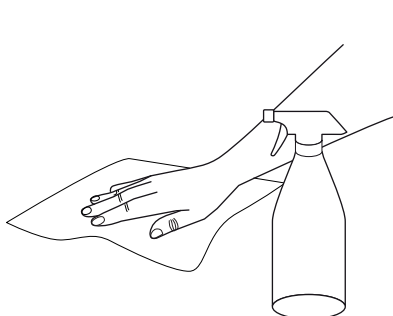


Bag 2



- **Do not remove the absorbent pad** as it performs a safety function, required for soaking up any liquid should the sample pot get damaged in transit.
- The barcodes found in your sample pack are unique to you, **so it's vital that you don't get them mixed up with anybody else's.** It is the only way to track your result back to you.
- **If you have received Bag 2,** you will note that there is a loose barcode sticker in the outside pocket of the bag.

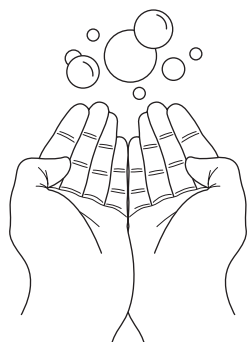
Preparing to conduct the test



1

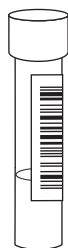
Clear a table or a similar flat surface from any clutter and clean it to minimise contamination.

- You will use the table to carefully place your materials on, to avoid spillage.
- Have your household scissors to hand, as you may require them at a later stage.



2

Wash your hands with soap and water for approximately 20 seconds to minimise contamination.



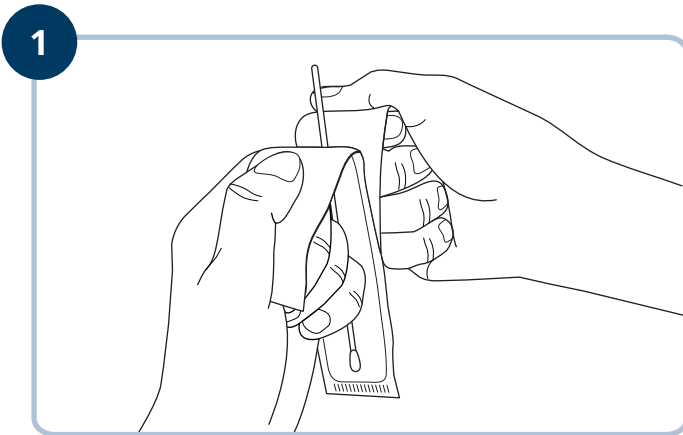
3

Remove the sample pot from the bag, loosen the lid slightly and carefully place the sample pot on the table.

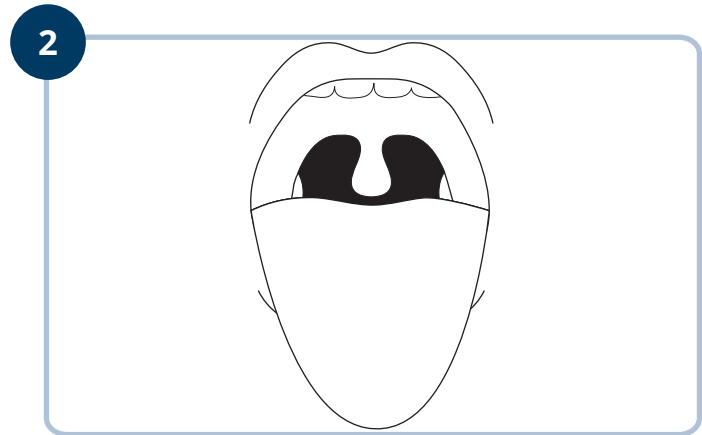


Remember, our Study Worker is just outside so if you have any questions, please ask them!

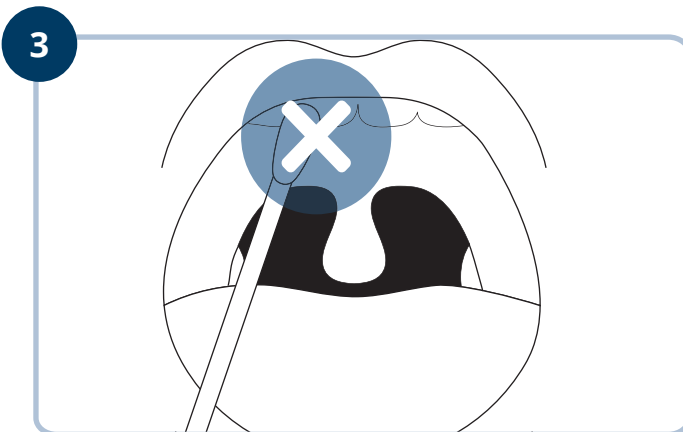
Taking the throat sample



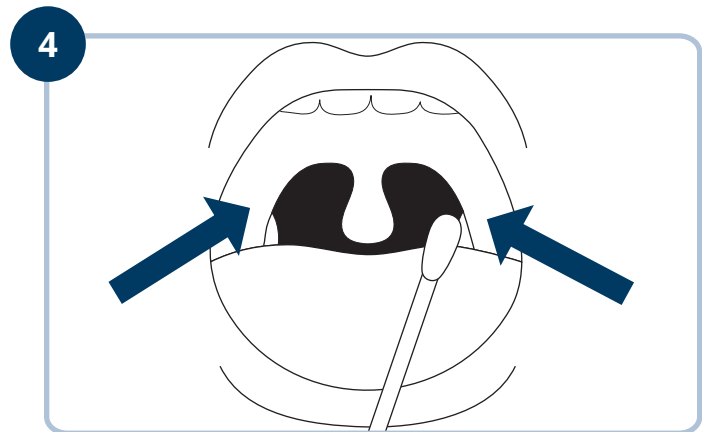
Carefully remove the swab stick from its packaging, holding it by the stick end. **Be careful not to touch the tip of the swab with your hands, or let it touch any surfaces.**



Standing in front of a mirror, open your mouth wide and stick out your tongue.

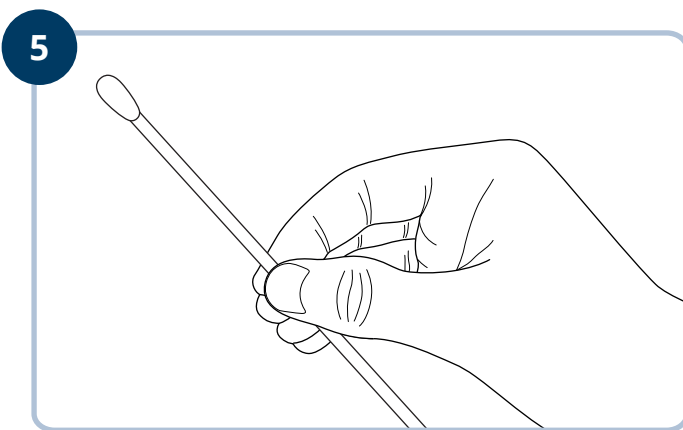


Taking care not to let the swab touch your tongue or your teeth, slowly move the swab to the back of your throat.



Gently rub the swab several times across the **back of your throat,** on both sides.

- This should not be painful, but it may make you gag.

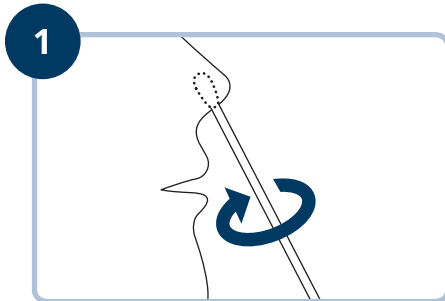


Carefully remove the swab from your mouth, **again taking care not to let the swab touch your tongue or your teeth.**

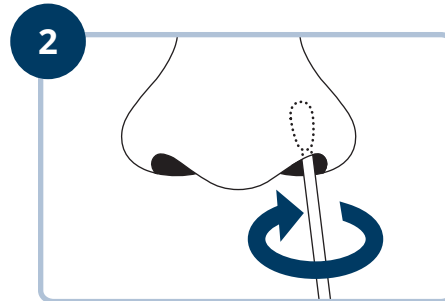
Taking the nose sample

To take the nose sample, you need to use the same swab you used to take your throat sample.

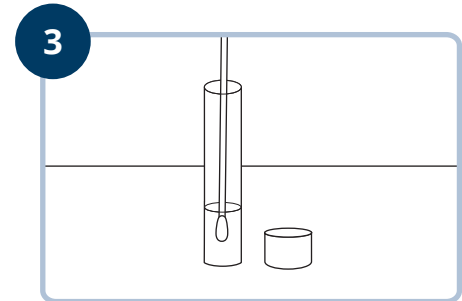
Remember not to touch the tip of the swab with your hands or let it touch any surfaces. **You don't need to use force or push the swab stick far up the nostril.**



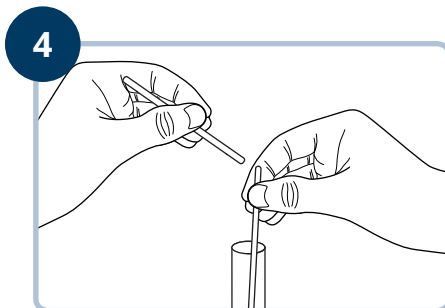
1 Gently insert the swab inside the nostril and rub around the inside of your nose.



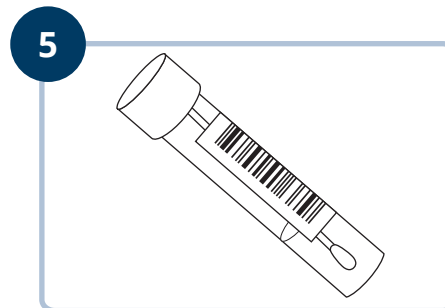
2 Remove the swab and **repeat in your other nostril.**



3 Fully unscrew the loosened lid of the sample pot and **place the swab, cotton-bud end first, into the sterile fluid at the bottom of the sample pot.**



4 While the swab stick is in the sample pot, gently bend the stick end backwards on itself to snap it at its weak spot. **If you are unable to get the stick to snap, you may use household scissors to cut the stick to size instead.**



5 Screw the lid securely onto the sample pot. **If you have Bag 2, remove the barcode label from the outside pocket of the bag and stick it on the length of the sample pot.**



6 Put the sample pot containing the **completed swab test back into the bag.** Seal the bag and place it back onto the doorstep.



If you have symptoms of COVID-19 and require immediate testing and results, **follow the usual advice to get a swab test in your area.**