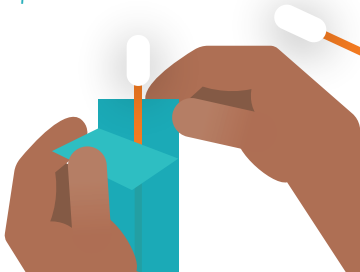


HOW TO TAKE YOUR THROAT SWAB

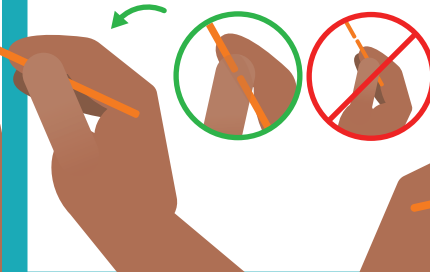
1 Remove the swab marked THROAT

Don't touch the tip of the swab



1

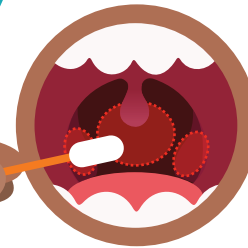
2 Hold the swab over the snap line in the middle - this makes sure it doesn't snap when swabbing



2

3 Open your mouth wide and rub the swab around the sides waaaay at the back of your mouth and into your throat - making contact with the areas indicated here

Saying 'aaahh' gets your tongue out of the way and may help reduce gagging



3

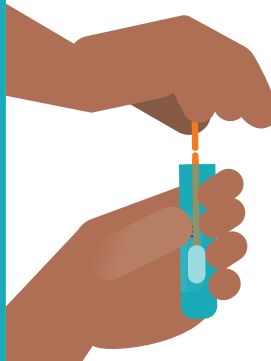
4 Carefully open the tube labelled THROAT

Make sure you don't spill the clear liquid that's inside the tube



4

5 Place the swab into the tube



5

6 Break the top of the swab off at the snap line



6

7 Put the cap back on tightly

Double-check the tube has your correct full name, date of birth, and THROAT written on it



7