HOW TO SELF-COLLECT A COVID-19 SWAB

This guide shows you how to use a swab to collect a respiratory sample from your throat and nose for testing. You should only self-collect a sample if you are asked to by a doctor, testing clinic or collection centre.

1 Preparation

- Use the same swab for your throat and nose.
- Read all of the instructions on this information sheet and watch the video via this link https://youtu.be/ZLhkOH8Jgnc or scan the QR code, before you start.
- Wash or sanitise your hands before and after collecting your sample.
- **If not already labelled,** clearly write your details on the labels provided **- including mobile number**, sticking one label on the tube and one label on the request form. **If already labelled,** check that your details are correct.
- Place the request form in the front pouch of the pathology bag.
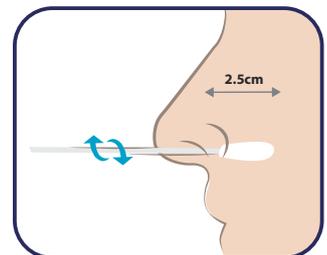
Video QR code link

2 Throat swab

- Unscrew the lid of the tube, keeping it upright.
- Take out the swab. Do not touch the padded tip.
- Tilt your head back in front of a mirror (if you have one) and stick out your tongue.
- Without touching the sides of your mouth or tongue, gently scrape the back of your throat and tonsil area, left and right.
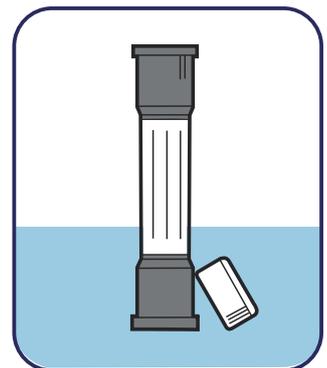- Take the swab out without touching any other parts of your mouth.

3 Swabbing both nostrils

- Insert the padded tip of the same swab 2–3 cm into your first nostril. Make sure the swab passes horizontally along the bottom of your nostril.
- Gently rotate the swab several times.
- Repeat the same steps with your other nostril.
- Do not put the swab down.

4 Packaging and delivering the sample

- Carefully insert the padded tip of the swab into the tube.
  IMPORTANT: For some testing kits, you will need to snap the end off the swab. The swab will show where. The testing kit instructions will tell you if you need to do this.
- Firmly screw the lid onto the tube so there is no leakage.
- Wash or sanitise your hands.
- Place the labelled tube in the pathology bag and seal completely.
- Ask your doctor or health care provider about where to deliver your sample.

5 Awaiting results

- Once you have had a test you need to stay at home until your test result comes back and until all your symptoms have resolved.
- Your results will be sent via text message to the mobile number you have provided or via your GP.
- If you have not received your results within 72 hours, please call the NT COVID Hotline on 1800 490 484.

Information adapted from PHLN COVID-19 Self collection.

For more information visit
coronavirus.nt.gov.au   **NTGovHealth**

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