

# Collecting a COVID-19 sample

We recommend the sample is collected on the same day as shipment to the laboratory. Samples can be stored at room temperature in the interim between sample collection and postage.

## 1) Check supplies:

Each sample collection kit contains:

- ✓ 1 x sterile swab
- ✓ 1 x 6ml sterile tube
- ✓ 1.5ml pathogen inactivation & transport solution (in the tube)
- ✓ 1 x specimen bag

## 2) Wash hands.

3) Check nose for visible mucus. Gently remove with a tissue if necessary.

4) Sit down with the head tilted back slightly, and the back of the head supported.

5) Open mouth wide and stick tongue out. Following the arch at the back of the mouth as seen in Figure 1, swipe the swab several times across the 5 areas marked. Withdraw the swab.



**Figure 1**  
Oropharyngeal swab

6) Then, enter the swab several centimetres into 1 nostril, along the floor of the nose (straight back, not up the nose).

When the area in Figure 2 has been reached (approx. 2-2.5cm in), rotate the swab several times, then withdraw the swab.



**Figure 2**  
Nasal Mid-Turbinate swab

7) Place the swab in the tube and ensure the tip of the swab is in the solution. Snap the swab at the break point and screw the tube lid on tightly.

8) Wash hands again.

9) Write the unique identifiers on the tube (detailed to the right) and place the sample tube into the specimen bag with the absorbent sheet. Seal the bag appropriately and dispose of the broken swab end.

## Writing Identifiers on Sample Tube

- Below the YG barcode label on the sample tube, write 2 unique patient identifiers:
  - Unique identifiers could be a unique patient ID, your name, DOB.
- Failure to do so will cause delays in processing, or in the case that the sample is not identifiable, the sample will be rejected by the laboratory and a re-swab will be required.
- Ensure that sample identifiers are written on the tube and not the sample bag, as this is disposed of during sample receipt.

### ***When should the I do my test?***

Patients should follow [Government guidelines](#) for when to take their test when used for travel. Specific testing windows are in place, dependent on the destination. Patients should also follow [Government guidelines](#) for when to take their test for Day2/8 and Day 5 TTR, to ensure their result is valid.

**This procedure is the same whether collecting the sample at an individual level or by a Healthcare Practitioner**