HOW TO COLLECT YOUR ANTERIOR NASAL SWAB SAMPLE FOR COVID-19 TESTING

Follow the instructions included with your sample kit. Use **only** materials provided in your kit to collect and store your sample, unless the kit says to do otherwise. Use **only** an approved sampling kit given to you by your healthcare provider or by personnel at the testing center.

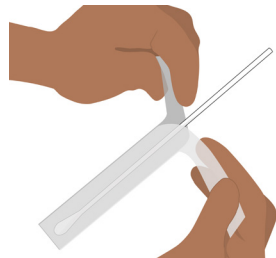## Initial set-up

1. Open the sampling kit.

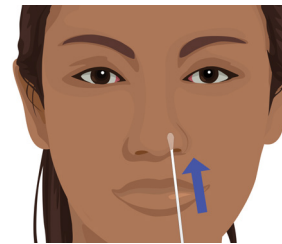**2.** Sanitize hands with alcohol wipe.
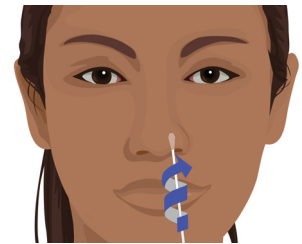
Sample collection

3. Remove the swab from the container, being careful not to touch the soft end with your hand.
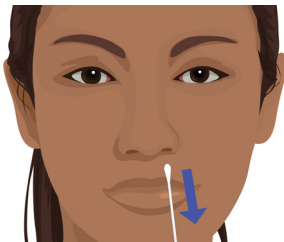
4. Insert the swab into your nostril. Do not insert it more than half an inch into your nostril.
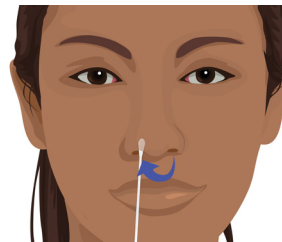
5. Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds.
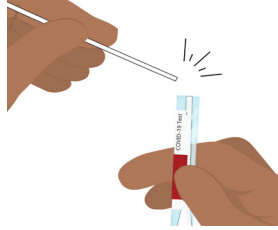
6. Gently remove the swab.

7. Using the same swab, repeat steps 4-6 in your other nostril.

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Preparation of sample for return

8. Place the swab in the sterile tube and snap off the end of the swab at the break line. Place the cap on the tube.

9. Sanitize hands with alcohol wipe.

10. Place the tube containing the swab in the biohazard bag provided and seal the bag.
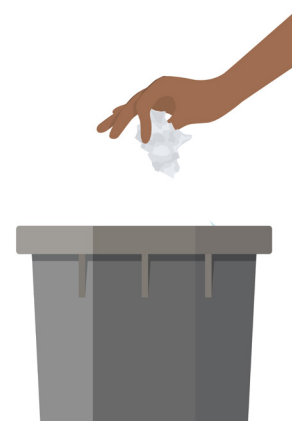
Returning the sample and clean-up

11. Give the bag with the swab to testing personnel.

12. Throw away remaining sample kit items.

13. Sanitize hands with alcohol wipe.

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Bucksport Regional Health Center: WHAT YOU NEED TO KNOW ABOUT YOUR COVID-19 TEST

- BRHC clinical staff will ensure that you have completed the appropriate forms and the specimen is labeled to be sent to the lab for processing.

- BRHC must report COVID-19 test results to the individual as soon as possible after results are received, and no later than 1 (one) business day after the collection site's receipt of the test results.

- BRHC must inform individuals with a positive COVID-19 test result of the result and the requirement for self-isolation as outlined by the U.S. Centers for Disease Control and Prevention. (https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html)

3 Key Steps to Take While Waiting for Your COVID-19 Test Result

To help stop the spread of COVID-19, take these **3 key steps NOW** while waiting for your test results:

1 Stay home and monitor your health.

Stay home and monitor your health to help protect your friends, family, and others from possibly getting COVID-19 from you.

Stay home and away from others:

- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19, such as older adults and people with other medical conditions.

- If you have been in contact with someone with COVID-19, stay home and away from others for 14 days after your last contact with that person.

- If you have a fever, cough or other symptoms of COVID-19, stay home and away from others (except to get medical care).

Monitor your health:

- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19. Remember, symptoms may appear 2-14 days after exposure to COVID-19 and can include:

  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Tiredness
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

2 Think about the people you have recently been around.

If you are diagnosed with COVID-19, a public health worker may call you to check on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. While you wait for your COVID-19 test result, think about everyone you have been around recently. This will be important information to give health workers if your test is positive.

Complete the information on the back of this page to help you remember everyone you have been around.

3 Answer the phone call from the health department.

If a public health worker calls you, answer the call to help slow the spread of COVID-19 in your community.

- Discussions with health department staff are **confidential**. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.

- Your name will not be shared with those you came in contact with. The health department will only notify people you were in close contact with (within 6 feet for more than 15 minutes) that they might have been exposed to COVID-19.

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What Your Test Results Mean

If you test **positive** for COVID-19

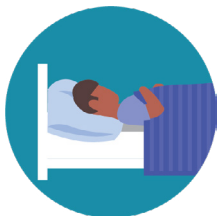TAKE STEPS TO HELP **PREVENT THE SPREAD** OF COVID-19

STAY HOME.
Do not leave your home, except to get medical care. Do not visit public areas.

STAY IN TOUCH WITH YOUR DOCTOR.

GET REST AND STAY HYDRATED.
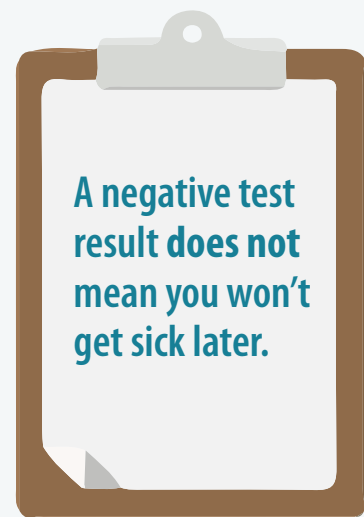Take over-the-counter medicines, such as acetaminophen, to help you feel better.

SEPARATE YOURSELF FROM OTHER PEOPLE.
As much as possible, stay in a specific room and away from other people and pets in your home.

If you test **negative** for COVID-19

- You probably were not infected at the time your sample was collected.

- However, **that does not mean you will not get sick**.

- It is possible that you were very early in your infection when your sample was collected and that **you could test positive later**.

A negative test result does not mean you won't get sick later.

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