

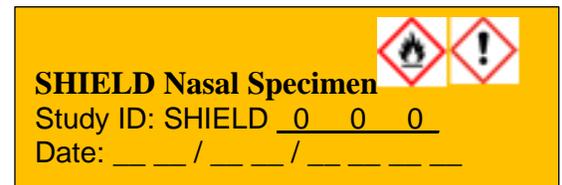


## Nasal Swab Collection and Shipping - Instructions

Thank you for participating in our study. If you have questions, please call the Research Coordinator, Kendra Haight, at (608) 262-6560, or the laboratory at (608) 263-6962.

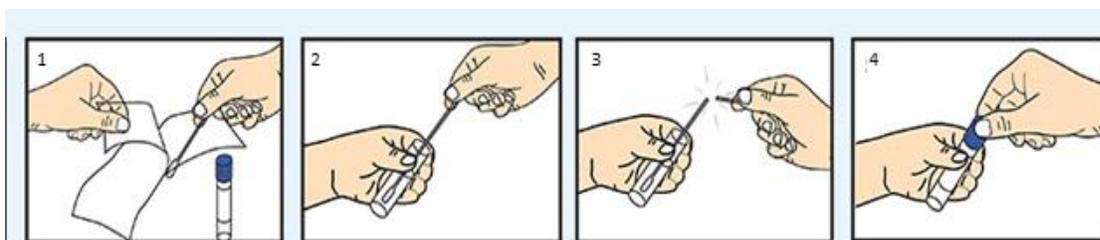
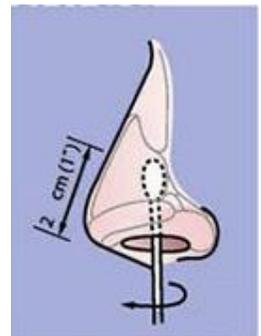
### Materials

1. Molecular transport media tube
  - a. Orange study label
2. Nasal swab with red breakpoint
3. Biohazard bag
4. Ice Pack
5. Insulated transport cooler



### Collection Instructions

1. Freeze ice pack at least 8 hours prior to transport. Wash hands.
2. Loosen the clear transport tube cap to make it easier to insert the nasal swab later. Peel open the swab pouch as indicated by the diagram on the outside of the package. Be careful never to touch the end of the swab to any surface other than your nares.
3. Tilt your head back 70 degrees and insert the dry swab tip into the widest part (about 2 cm inside) of right or left nostril until resistance is met. Rotate the swab 4-5 times, for 10-15 seconds.
4. Use the same swab from the first nostril to swab the other nostril.
5. Without touching the end of the swab to any surface,
  - a. Twist to fully remove the clear cap from the transport tube.
  - b. Insert the swab into transport tube and break the handle at the red breakpoint. Make sure that the swab head is completely submerged in transport liquid.
  - c. Secure the transport tube cap.
  - d. **Record date of collection on the label.** The subject code will be pre-entered on the label by study staff. Do not record any protected health information on tube.
  - e. Place transport tube in a biohazard bag. Affix the label to the transport tube so that the label and tube are parallel, not perpendicular.
  - f. If needed, blot nose with tissue.
6. Store the collected swab, inside the transport tube and biohazard bag, in the refrigerator (**not freezer**) until ready to ship. At that point, place the swab in the provided insulated cooler with frozen ice pack. Shipping instructions are provided below. You can return multiple samples at one time, however,



**please mail  
all samples  
according to  
instructions  
within 48  
hours of  
collection.**

## Shipping Instructions

The following items should be in your shipping kit:

- 1 Cardboard Box, containing insulated cooler
- 1 absorbent yellow pad
- 1 Ice Pack
- 1 UPS Label attached to outside of cardboard box
- 1 Packing Slip attached to lid of insulated cooler

1. Immediately remove the ice pack from your kit and place in freezer until frozen solid (approx. 8 hours).
2. Ensure the cap of the swab transport tube is tightly secured to avoid any leaking during transport and that **date of collection has been recorded on the provided label. Ensure specimen label is also affixed to the transport tube.**
3. Ensure swab specimen is in provided plastic biohazard bag and that the bag is sealed tightly.
4. Remove lid from insulated cooler.
5. Place the frozen ice pack in the bottom of the insulated cooler.
6. Place the swab specimen (inside biohazard bag) into the insulated cooler.
7. Replace lid on insulated cooler.
8. Ensure insulated cooler is placed inside cardboard box. Fold down flaps on the outer cardboard box. Use a single piece of tape to secure the flaps to the box.
9. Drop off the package at the closest UPS location as soon as possible after packaging the specimen. **Please DO NOT drop off on a Friday.** The label will bill the study directly.

