

# How to Take a Nasal (nose fluid) Sample at Home



Before you use this kit, read  
this entire booklet to learn the  
steps to take your sample.



**RECOVER**

Researching COVID to Enhance Recovery

*An Initiative Funded by the National Institutes of Health*

[RECOVERcovid.org](https://RECOVERcovid.org)

This booklet tells you how to use this kit to collect a small amount of fluid from your nose (nasal sample) at home. It's easy, private, and free.

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# Thank you for being part of the RECOVER study!

You're helping us learn about the long-term health effects of COVID.

## What's in this kit?

The nasal swab kit is the clear plastic bag with the label "Nasal Swab Collection Supplies and Instructions (Picture A) and includes (Picture B):

- This booklet
- Nasal swab stick
- Plastic tube
- Plastic biohazard bag

**Important – Only Use Your Sample Kit**



## How much time will this take?

It will take about 5–10 minutes to read these instructions and take your sample.

## Prepare

- Take your nasal sample on the same day the study staff will visit your home.
- Wash and dry your hands with soap and water for at least 20 seconds. If you don't have soap and water, use hand sanitizer.
- Clean a flat surface, like a table, with a disinfecting wipe or disinfecting cleaner and clean cloth.
- Take these from the kit and lay them on the clean surface:
  - Nasal swab stick
  - Plastic tube
  - Plastic biohazard bag



## Take your nasal sample

- 1 Remove the swab from the package touching only the stick end.

Do not touch the soft end with your hands or anything else.

- 2 Take a sample from one nostril.

Gently insert the soft end of the swab into one nostril no more than  $\frac{3}{4}$  of an inch (1.5 cm) into your nose.

Slowly rotate the swab in a circle around the entire inside edge of your nostril at least 4 times for a total of 15 seconds.

As you rotate, gently press it against the inside of your nostril. Get as much mucus or other nasal fluid as possible on the swab.

Gently remove the swab from your nostril.

- 3 Take a sample from the other nostril.

Using the soft end of the same swab, repeat step 2 in your other nostril.

- 4 Place the soft end of the swab into the plastic tube with fluid.

Snap off the other end of the swab at the break line, so the swab fits in the plastic tube.

# Thank you for being a part of the **RECOVER** study.

Twist the plastic cap back onto the tube to close it.  
Make sure it is on tight to prevent fluid from leaking.

Lay the plastic tube on the clean surface.

Wash and dry your hands again.

- 5 Place the tube with your sample in the plastic biohazard bag.



## Store your sample in your fridge

- 6 Put the plastic biohazard bag with your sample in your fridge right away. Do not put it in your freezer.
- 7 Wash your hands again.

## Give your sample to the study staff during the visit

## Questions or need help?

For help or questions, call your study team.