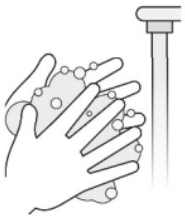




Research Nasal Swab Collection Instructions



1

Wash or sanitize your hands

Use soap and water for 20 seconds, or use hand sanitizer



2

Blow your nose

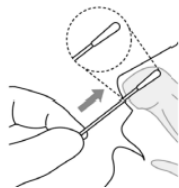
Gently blow your nose into a tissue to clear mucus



3

Open the swab

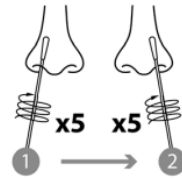
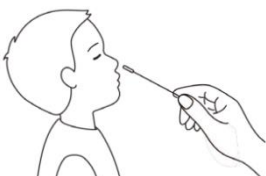
- Peel open the package. Hold the swab by the handle
- Do not touch the soft tip



4

Insert the swab

- Tilt your head back a little
- Gently put the soft tip into one nostril about $\frac{1}{2}$ to $\frac{3}{4}$ inch (1–1.5 cm)
- Stop if you feel strong resistance or pain



5

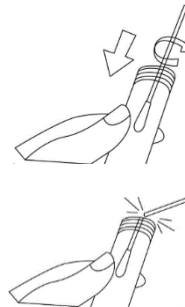
Swab the nostril

- Press the swab against the inside wall of your nostril
- Rotate in a circle 4–5 times for about 10–15 seconds

6

Repeat in the other nostril

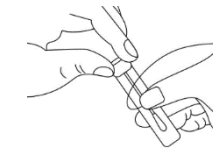
Use the same swab to repeat the swabbing in your other nostril.



7

Place the swab in the tube

- Put the swab tip-first into the tube
- If there is a break point on the swab, snap it there and cap the tube tightly. You may also use scissors to cut it to fit
- Label the tube by adding the date of swab collection



Participant ID: XX

S									
	M	M	D	D	Y	Y	Y	Y	

Date of Swab Collection

8

Finish up

- Clean your hands again
- Place tube in biohazard bag
- Call study team for courier pick-up at **617-735-4610**. If evening or weekend, email **CharmStudy@bidmc.harvard.edu** and pick-up will be next business day
- Keep swab in the refrigerator until ready for pick-up. If leaving swab in a public place, also place swab (in its plastic bag) in provided paper bag