

Sacramento County Public Health Self Swabbing Video Transcript

How to Use a Self-Swabbing Nasal Test for COVID-19

Paano gamitin ang Self-Swabbing Nasal Test para sa COVID-19

Testing is an important step in slowing the spread of COVID-19.

Ang pagsusuri ay importanteng hakbang sa pagpabagal sa pagkalat ng COVID

Some Sacramento County COVID-19 testing sites use self-administered nasal swab tests that are free, simple, pain-free and just as accurate as other testing methods.

Ang ilang mga testing sites ng COVID-19 sa Sacramento County ay gumagamit ng pansariling nasal swab tests na libre, simple, walang sakit at kasing tumpak ng iba pang mga pamamaraan sa pagsubok.

When you arrive at the testing site, you will check in for your appointment Pagdating mo sa testing site, mag-check in ka para sa iyong appointment.

You will be handed a testing kit that includes a test tube with cap and swab to collect your own nasal sample.

Bibigyan ka ng testing kit na may kasamang test tube na may takip at swab upang kolektahin ang iyong sariling sample ng ilong

Under the direction of site personnel, you will be guided to remove the swab from the wrapping, being careful not to touch the soft tip.

Sa ilalim ng direksyon ng site personnel, gagabayan ka ilabas ang tube mula sa pakete. Huwag hawakan ang may bulak na dulo.

Put the soft tip into your right nostril and insert only one inch – that’s about the length of a small paper clip or an adult’s thumb nail.

Ilagay ang bulak na dulo sa loob ng kanang butas ng iyong ilong at ipasok ng isang pulgada – kasing haba ng isang maliit na paper clip or hinlalaking kuko ng matanda

Slowly rotate the swap in a circular pattern inside of your nostril at least four times. Then, gently remove the swab from your nostril.

Dahan-dahang paikutin ang swab sa loob ng iyong ilong ng apat na beses. Pagkatapos, dahan-dahang alisin ang swab mula sa iyong ilong.

Using your swab, repeat the same swabbing steps in your left nostril.

Gamit ang iyong swab, ulitin ang parehong mga hakbang sa iyong kaliwang butas ng ilong.

That was easy - wasn't it!

Ganon lang kadali - hindi ba!

Now, hold the test tube and place the swab into the tube. The swab is long, so break off the end of swab at the break line. Place the cap onto the tube. Ensure that the cap is secured tightly.

Ngayon, hawakan ang test tube at ipasok ang may bulak na dulo ng swab sa tube. Mahaba ang swab, kaya't kailangan mong baliin (snap) ang dulo ng swab sa linya ng dapat baliin. Ilagay ang takip sa test tube. Tiyakin na ang takip ng test tube ay nakasara ng maigi.

Place the capped test tube into the bag provide in your kit – and seal the bag.
Ilagay ang capped test tube sa loob ng bag na ibinigay sa iyong kit - at iselyo ang bag.

Place the test kit bag into the collection box and dispose of the swab wrapping. Ilagay ang test kit bag sa kahon ng koleksyon at itapon ang balot ng swab.

You are done with your self-swabbing COVID-19 test! Tapos ka na sa iyong self-swabbing COVID-19 test!

Using the contact information, you provided at your appointment, you will receive your test results within 3 days. Gamit ang inyong ibinigay na contact impormasyon sa appointment, matatanggap mo ang resulta ng inyong test sa loob ng 3 araw.

If you test positive, you will be provided additional information.
Kung positibo ang inyong test, bibigyan ka ng karagdagang impormasyon.

If you test negative, this does not mean you can't get the virus or that between the time you provided your sample and getting the results that you weren't exposed to the virus. It is vital that you continue to not gather with non-household members, and when in public spaces, always wear your facemask and maintain at least 6 feet from others.

Kung negatibo ang inyong test, hindi ito nangangahulugang hindi ka makakakuha ng virus o sa pagitan ng oras na ibinigay mo ang iyong sample at pagkuha ng resulta na hindi ka nalantad sa virus. Napakamahalaga na patuloy kang hindi makitipon sa hindi miyembro ng inyong sambahayan, at kapag nasa mga pampublikong puwang, laging isuot ang iyong facemask at pantilihin ang 6ft na distansya sa iba.

Thank you for doing your part to protect your community!
Salamat sa inyong kooperasyon para maprotektahan ang iyong komunidad!

Social Media Graphics

1. Have you heard that our COVID-19 testing sites now have self-swabbing tests? These tests are free, simple, painfree and just as accurate as other testing methods. To learn more about how to self-test, check out this link from *<insert link>*.
Narinig mo ba na ang aming COVID-19 testing sites ay mayroon na ngayong pansariling-swabbing tests? Ang mga pagsubok na ito ay libre, simple, walang sakit at kasing tumpak ng iba pang mga pamamaraan sa pagsubok. Para matuto kung paano mag-test sa sarili, tingnan ang link na ito *<insert link>*.
2. SacCounty is now offering COVID-19 nasal-self swab tests at our testing sites. These tests are more comfortable, you can do it yourself and a healthcare professional will be watching to make sure you do it correctly. Get more details on the new testing method here: *<insert link>*.
SacCounty ay naghahandog ngayon ng COVID-19 nasal-self swab tests sa ating testing sites. Ang mga tests na ito ay mas komportable, magagawa mo sa iyong sarili at ang healthcare professional ay magbantay upang matiyak na gagawin nyo ito nang tama. Kumuha ng detalye sa bagong pamamaraan ng pagsubok dito: *<insert link>*.
3. SacCounty testing sites are offering the nasal self-swab test which provides accurate results without the discomfort. Learn more: *<insert link>*.
SacCounty testing sites ay naghahandog ng nasal self-swab test na nagbibigay ng tumpak na resulta nang walang balisa. Dagdagan ang kaalaman: *<insert link>*.
4. The COVID-19 nasal self-swab testing method is less invasive and is safer for both individuals and healthcare professionals. SacCounty is excited to offer this innovative form of testing. Learn more: *<insert link>*.
Ang COVID-19 nasal self-swab testing method ay hindi gaanong nagsasalakay at mas ligtas para sa parehong mga indibidwal at mga propesyonal sa pangangalaga ng kalusugan. Ang SacCounty ay nasasabik na mag-alok ng makabagong anyo ng pagsubok. Dagdagan ang kaalaman:
5. Starting January 18, SacCounty will offer COVID-19 nasal self-swab testing. These tests are less invasive and help protect our healthcare workers. Learn more:
Simula ng Enero 18, ang SacCounty ay mag-hahandog ng COVID-19 nasal self-swab testing. Ang test na ito ay hindi gaanong nagsasalakay at makatutulong sa pagprotekta ang ating heathcare workers. Dagdagan ang kaalaman: *<insert link>*.
6. Self-swabbing COVID-19 tests can play a pivotal role in increasing testing access and we are excited to now offer this type of testing. Learn more: *<insert link>*.
Self-swabbing COVID-19 tests ay maaaring magsilbing mahalagang tunkulin sa pagtaas sa pag-access ng test at nasasabik kaming mag-alok ngayon ng ganitong uri ng testing. Dagdagan ang kaalaman: *<insert link>*.
7. Offering COVID-19 nasal self-swab testing will improve efficiency and protect healthcare workers. Learn more: *<insert link>*.
Ang pag-hahandog ng COVID-19 nasal self-swab testing ay magprotekt sa health workers. Dagdagan ang kaalaman: <insert link>.

8. When taking a COVID-19 nasal self-swab test at one of our testing sites, a healthcare professional will be monitoring to make sure you are taking the test correctly, it is as easy as 1-2-3! Learn more: *<insert link>*.
Kung kumuha ng COVID 19 nasal self-swab test sa isa sa mga testing sites natin, ang health professional ay gagabay sa inyo upang sa ganon ay siguradong tama ang pagkuha ng test, ito ay kasing dali ng 1-2-3! Dagdagan ang a healthcare worker. Learn more: *<insert link>*.
kaalaman: *<insert link>*.

9. COVID-19 nasal self-swab tests are less-invasive, reduces exposure for health care workers, and preserves personal protective equipment. It is a win, win, win to self-test! Learn more: *<insert link>*.
COVID-19 nasal self-swab tests ay hindi-gaanong magsasalakay, mababawasan ang pagkakatantad ng mga health care workers, at mag-preserve ito ng personal protective equipment, ito ay win, win, win sa self-test! Dagdagan ang kaalaman: *<insert link>*.

10. SacCounty is now offering COVID-19 nasal-self swab tests at our testing sites, if you are bringing a child under the age of 13, you can test them yourself under the guidance of a healthcare worker. Learn more: *<insert link>*.
SacCounty ay kasalukuyang naghahandog ng nasal self-swab test sa ating mga testing sites, kung sakaling kayo ay magdadala ng bata mababa sa edad ng 13, maaari nyo siyang i-test ng iyong sarili sa gabay ng healthcare worker. Dagdagan ang kaalaman: *<insert link>*.