Sacramento County Public Health Self Swabbing Video Transcript

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

Kev sib tus pas rwb nrw qhov ntswg kuaj tus kab mob COVID-19

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

Kev kuaj yog ib kauj ruam ua yuav ua rau tus kab mob COVID-19 no kis qeeb.

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.

Qee lub county nyob rau Sacramento cov chaws kuaj COVID-19 lawm muab cov rwb nrw qhov ntswg rau yus nrw yus tus kheej thiab qhov kuaj mob no dawv xwb tsis raug them nyiaj thiab nws tsis mob, thiab nws kuaj tau tus kab mob COVID-19 ib yam li lwm yam test thiab.

When you arrive at the testing site, you will check in for your appointment

Thaum koj mus txog ntawm qhov chaw kuab mob ntawd koj yuav tau mus check in rau lub sijhawm teem tseg

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

Lawm mas lis muaj qhov testing kit nrog ib lub raj ntim tus rwb nrws qhov ntswg nyob rau houv rau koj nrws koj lub qhov ntswg.

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.

Tus neeg nyob ntawv qhov chaw kuab mob mas los qhia koj tshem tus rwb ntawm lub hnab ceev faj txhob kov tus haus rwb.

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.

Muab tus haus rwb ntsaws rau hauv koj lub qhov ntswg sab xis li ib inch.

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

Maj mam muab tus rwb kiv hauv koj lub qhov tswb lib plaub zaug ces koj mam li maj mam thau tus rwb tawm hauv koj lub qhov ntswg.

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

Rov qab sib tus rwb qub ua ib ya lis rau koj sab qhov ntswg sab laug.

That was easy - wasn't it!

Ntawd yooj yim kawg puas yog!

Now, hold the test tube and place the swab in to 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.

Tam sim no muab tus rwb ntawm tsaws rau hauv lub raj. Tus rwb ntawd tev tev, ces muaj nws dam txij li qhov lawv cim ntawd. Muab lub hauv khwb rau lub rav. Tim kom lub hauv ruaj ruaj rau.

Place the capped test tube in to the bag provide in your kit – and seal the bag.

Ces muab lub raj tsaws rau hauv lub hnab ces muab lub hnab swb rau.

Place the test kit bag into the collection box and dispose of the swab wrapping.

Muab lub hnab tso rau hauv lub pob tawb ces muab lub hnab ntim tus rwb pov tseg.

You are done with your self-swabbing COVID-19 test!

Tab sib no koj kuaj COVID-19 tag lawm.

Using the contact information you provided at your appointment, you will receive your test results within 3 days.

Nyob rau ntawm peb hnub tom ntej no, peb yuav xa qhov kuaj no qhia tuaj rau koj tus xov tooj thiab email.

If you test positive, you will be provided additional information.

Yog hais tias koj tau tus kab mob no lawm, ces lawv yuav qhiav koj ntau ntxiv.

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.

Yog hais tias koj tsis tau tus kab mob no tsis txais tau hais tias koj yuav tsis tau qhov kab mob no ntxiv mus rau tom ntej no. Koj yuav tsug tsis txhob mus koom nrog cov neeg ua tsis nyob rau hauv koj tsev neeg ntxim mus. Thaum koj tawm mus rau tej qho chaw ces koj yuav tau looj hnab khwv qhov ncauj thiab nyob nrug deb ntawm tib neeg li 6 kauj ruam.

Thank you for doing your part to protect your community!

Ua tsaug uas koj ua koj sab los tiv thaiv peb lub community.

Social Media Graphics

- Have you heard that our COVID-19 testing sites now have self-swabbing tests? These tests are free, simple, pain-free and just as accurate as other testing methods. To learn more about how to self-test, check out this link from *<insert link>.*

Koj puab tau hnov hais tias peb cov chaws kuab COVID-19 tas sim no muab rwb rau yus nrws yus qhov ntswg? Yog xav kawm ntxiv txog qhov kuaj no ces koj mus rau qhov link no.

- 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>.*

  Tam sib no hauv lub Sacramento County no cov chaws kuaj mob COVID-19 kam rau yus sib tus rwb nrws qhov ntswg no rau yus nrws yus tus kheej. Cov kuaj no ua rau nws yooj yim rau yus kuaj yus tus kheej thiab tus nai maum tsuas yog saib yus ua kom raug xwb. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- SacCounty testing sites are offering the nasal self-swab test which provides accurate results without the discomfort. Learn more: *<insert link>.*
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Sacramento County cov chaws kuaj mob COVID-19 kam rau yus sib tus rwb nrws qhov ntswg no rau yus nrws yus tus kheej. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- 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>.*

Qhov sib tus rwb nrws qhov ntswg no zoo rau koj thiab cov nai maum dua. Sacramento County cov chaws kuaj mob COVID-19 kam rau yus sib tus rwb nrws qhov ntswg no rau yus nrws yus tus kheej. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- 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: *<insert link>.*

  Pib lub ib hlis vas tib 18, Sacramento County cov chaws kuaj mob COVID-19 kam rau yus sib tus rwb nrws qhov ntswg no rau yus nrws yus tus kheej. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- 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>.*

Cov chaws kuaj mob COVID-19 kam rau yus sib tus rwb nrws qhov ntswg no rau yus nrws yus tus kheej. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- Offering COVID-19 nasal self-swab testing will improve efficiency and protect healthcare workers. Learn more: *<insert link>.*

Cov kuaj no ua rau nws yooj yim rau yus kuaj yus tus kheej thiab tus nai maum tsuas yog saib yus ua kom raug xwb. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no. Qhov sib tus rwb nrws qhov ntswg no zoo rau koj thiab cov nai maum dua. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- 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>.*

Cov chaws kuaj mob COVID-19 kam rau yus sib tus rwb nrws qhov ntswg no rau yus nrws yus tus kheej. Cov kuaj no ua rau nws yooj yim rau yus kuaj yus tus kheej thiab tus nai maum tsuas yog saib yus ua kom raug xwb. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- COVID-19 nasal self-swab tests are less-invasive, reduces exposure for health care workers, and preserves personal protective equipment. It's a win, win, win to self-test! Learn more: *<insert link>.*

Qhov sib tus rwb nrws qhov ntswg no zoo rau koj thiab cov nai maum dua. Nws yog ib ya kuaj mob ua zoo heev! Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.

- 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>.*

  Sacramento County no cov chaws kuaj mob COVID-19 kam rau yus sib tus rwb nrws qhov ntswg no rau yus nrws yus tus kheej. Yog hais tias koj coj ib tug me nyuam hnub nyug qis tshaj li 13 xyoos, cev koj ma li kuaj koj tus me nyuam rawm lis qhov lawm qhiav. Yog koj xav paub ntau ntxiv no ces koj mus rau qhov link no.