

## Sacramento County Public Health Self Swabbing Video Transcript

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

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

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.

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

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

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.

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.

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

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

That was easy - wasn’t it!

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.

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

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

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

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

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

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.

Thank you for doing your part to protect your community!