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SELF COLLECTION FOR SARS-CoV-2 TESTING AT HETL

1. Ensure you have the most current version of the HETL SARS-CoV-2 requisition form. This is located at <https://www.maine.gov/dhhs/mecdc/public-health-systems/health-and-environmental-testing/micro/download-forms.htm>. The name of the form is: SARS CoV-2 (COVID-19) Priority Specimen Submission Form (Word).
2. Fill out the requisition form in its entirety. Do not leave any sections blank.
3. Follow directions below for self-collection.
4. Failure to follow directions may result in sample rejection.

Nasal mid-turbinate (NMT) swab, also called Deep Nasal Swab

Note: only use Flocked tapered swabs

Note: self-collection may only be performed under direct medical supervision trained in sample collection

1. Remove the cap from the tube containing 1-3 mL of VTM, PBS, sterile saline, or Amies media. Remove the swab from its packaging and handle carefully. Do not touch the sterile end of the swab.
 - a. **NOTE: if the swab is too long to fit below the cap of the tube, BEFORE opening the swab packaging, break the swab far enough down to ensure proper fit into the tube, then remove the swab and proceed with collection.** Do not force a swab that is too long for the collection tube into the collection tube, this can result in the specimen leaking out, and sample rejection.
2. Have the patient tilt their head back 70 degrees.
3. Using the flocked tapered swab, gently rotate while inserting less than one inch (about 2 cm) into the nostril until resistance is met at turbinates.
4. Rotate the swab several times against the nasal wall.
5. Repeat in the other nostril using the same swab.
6. Place the swab in the tube, ensuring that the swab tip is in the viral media.
7. Store specimen at 4°C for up to 72 hours. Transport to HETL in a cooler containing ice packs

Anterior nares specimen

Note: only use: Flocked or spun polyester swab

Note: self-collection may only be performed under direct medical supervision trained in sample collection

1. Remove the cap from the tube containing 1-3 mL of VTM, PBS, sterile saline, or Amies media. Remove the swab from its packaging and handle carefully. Do not touch the sterile end of the swab.
2. **NOTE: if the swab is too long to fit below the cap of the tube, BEFORE opening the swab packaging, break the swab far enough down to ensure proper fit into the tube, then remove the swab and proceed with collection.** Do not force a swab that is too long for the collection tube into the collection tube, this can result in the specimen leaking out, and sample rejection. Using the flocked or spun polyester swab, insert the swab at least 0.5 inches (about 1 cm) into the nostril (not upwards).
3. Firmly rotate the swab and leave in place for 10-15 seconds.
4. Repeat in the other nostril using the same swab.
5. Place the swab in the tube, ensuring that the swab tip is in the viral media.
6. Store specimen at 4°C for up to 72 hours.