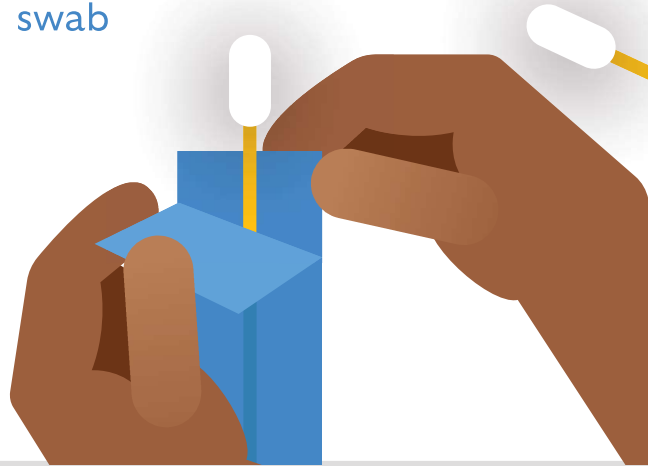


How to take your genital swab

1 Wash your hands and remove the swab from the paper packet

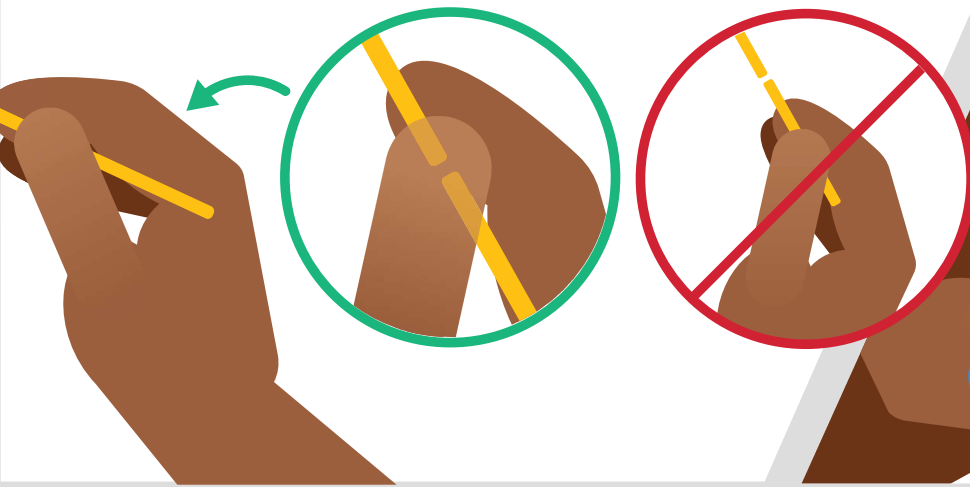
1

Don't touch the tip of the swab



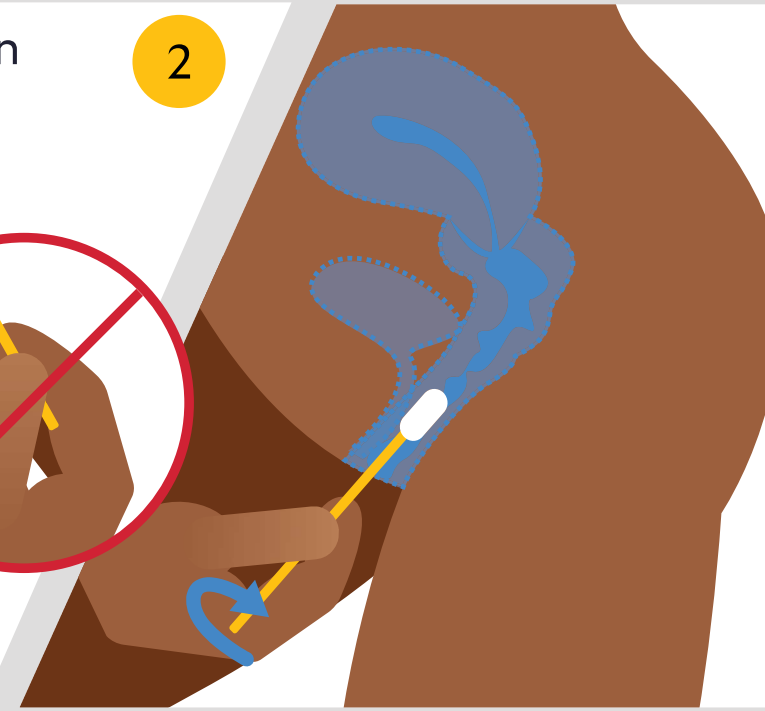
2 Hold the swab over the snap line in the middle - this makes sure it doesn't snap when swabbing

2



3 Carefully insert the swab about 5cm inside your genital canal and gently rotate the swab for 10-30 seconds

3



4 Carefully open the tube labelled VAGINAL

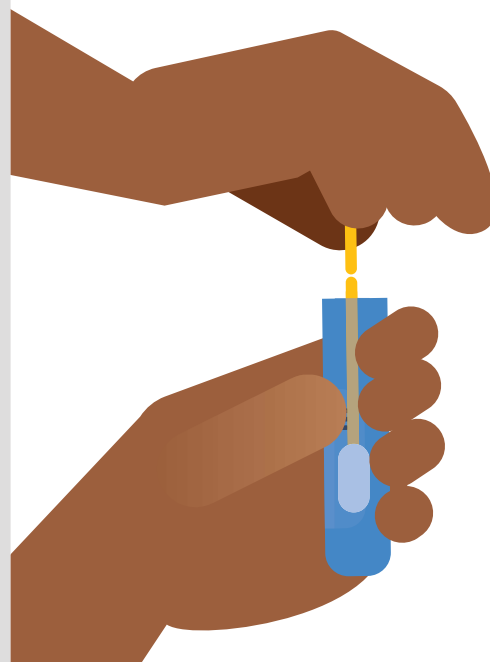
4

Make sure you don't spill the clear liquid that's inside the tube



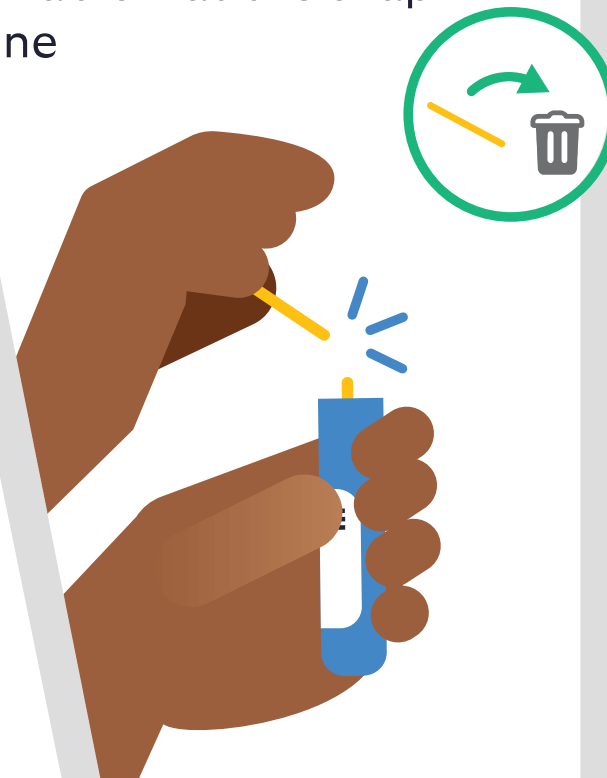
5 Place the swab into the tube

5



6 Break the top of the swab off at the snap line

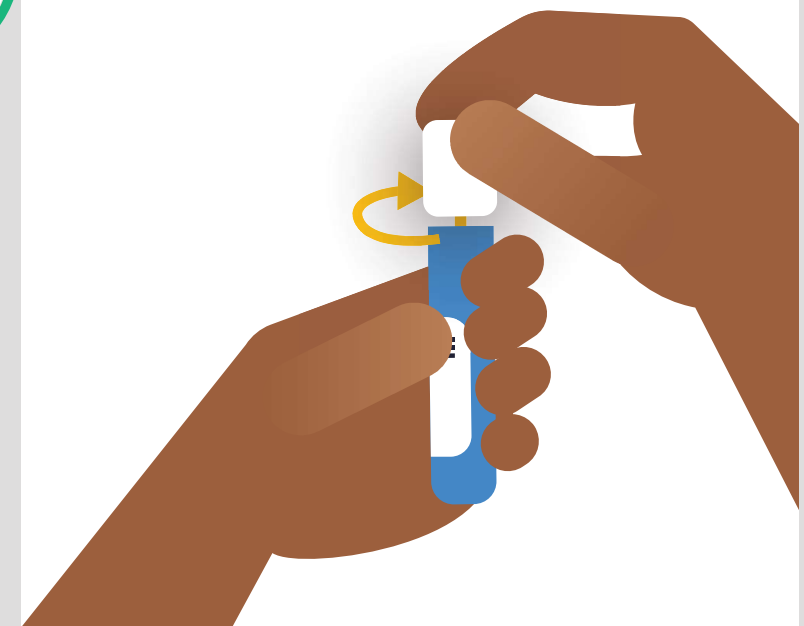
6



7 Put the cap back on tightly

7

Don't forget to wash your hands after completing your swab

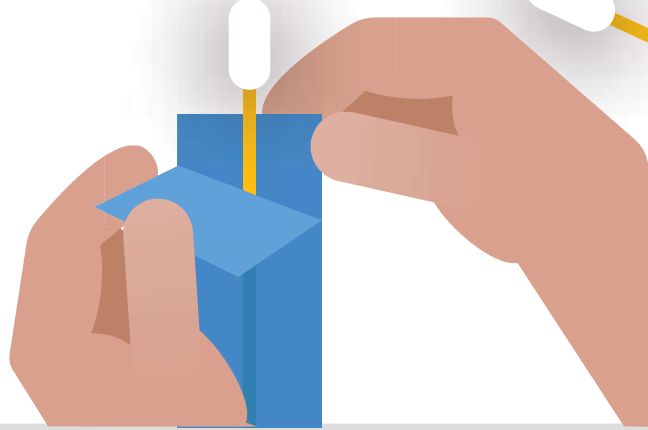


How to take your rectal swab

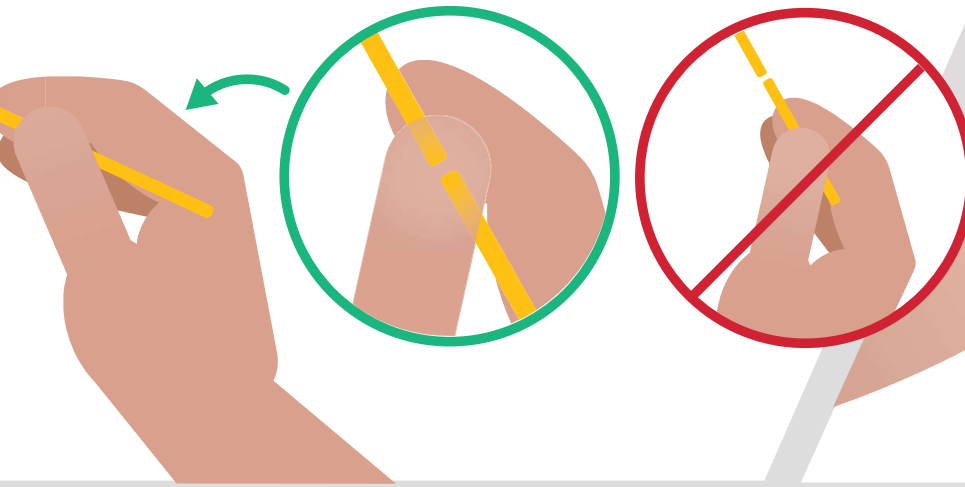
Burnett Foundation
Aotearoa

1 Wash your hands and remove the swab from the paper packet

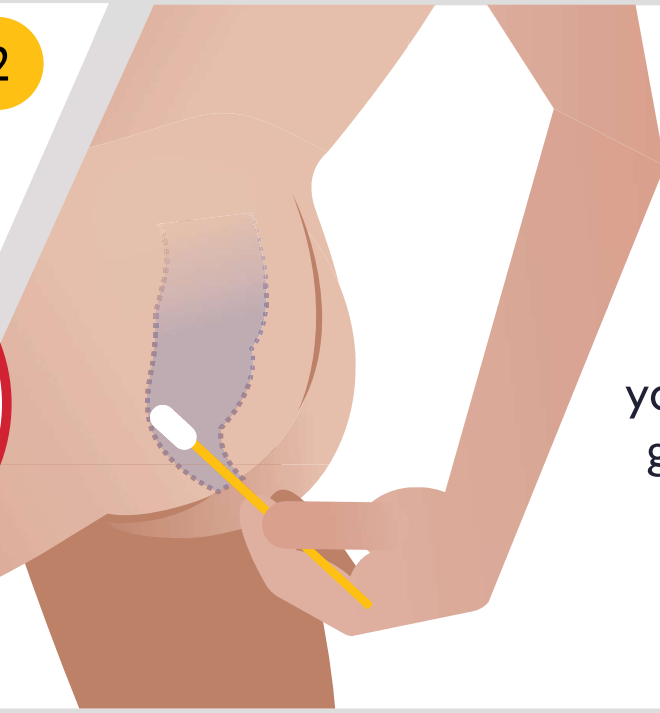
Don't touch the tip of the swab



2 Hold the swab over the snap line in the middle - this makes sure it doesn't snap when swabbing



3 Carefully insert the swab about 2.5cm into your bum and gently rotate for 5-10 seconds

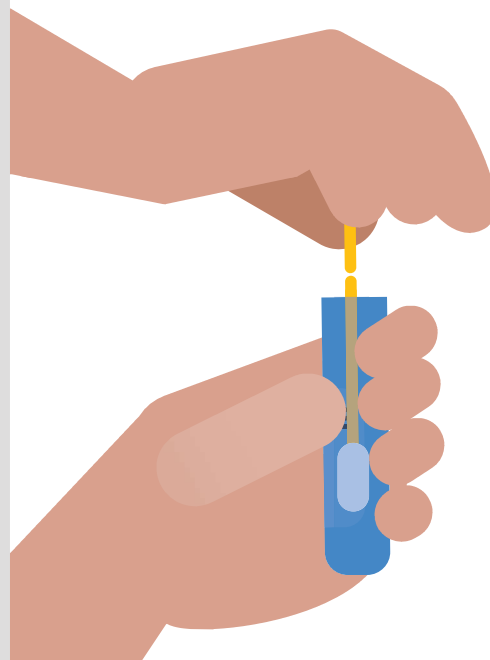


4 Carefully open the tube labelled ANAL/RECTAL

Make sure you don't spill the clear liquid that's inside the tube



5 Place the swab into the tube

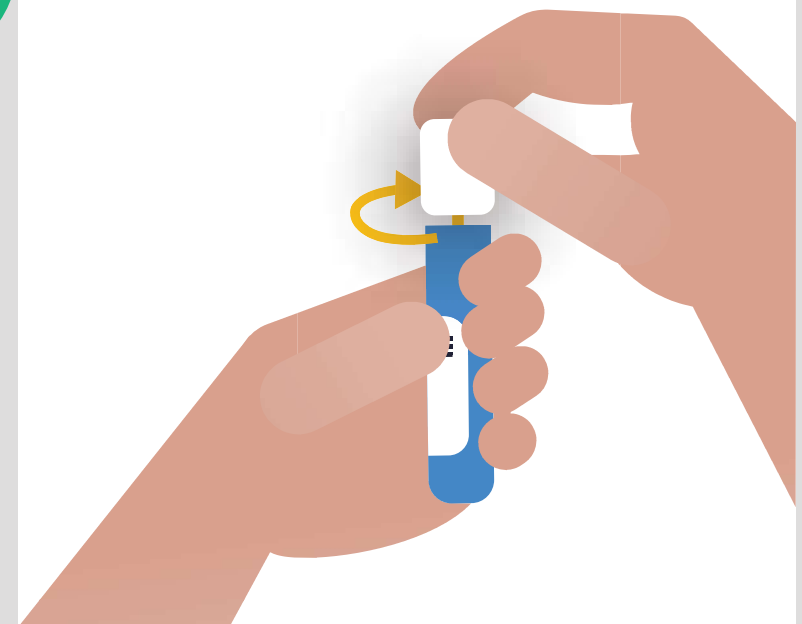


6 Break the top of the swab off at the snap line



7 Put the cap back on tightly

Don't forget to wash your hands after completing your swab

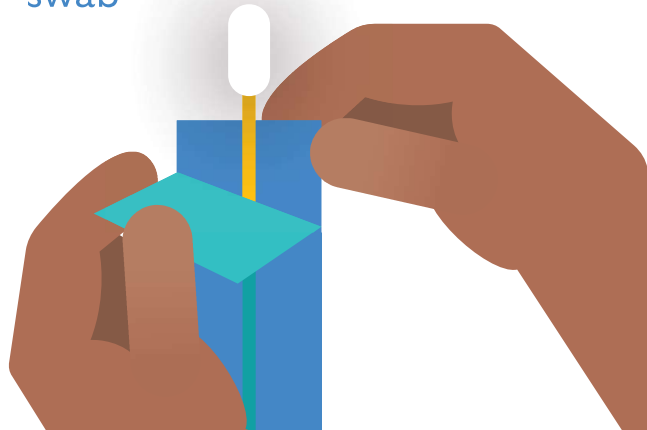


How to take your throat swab

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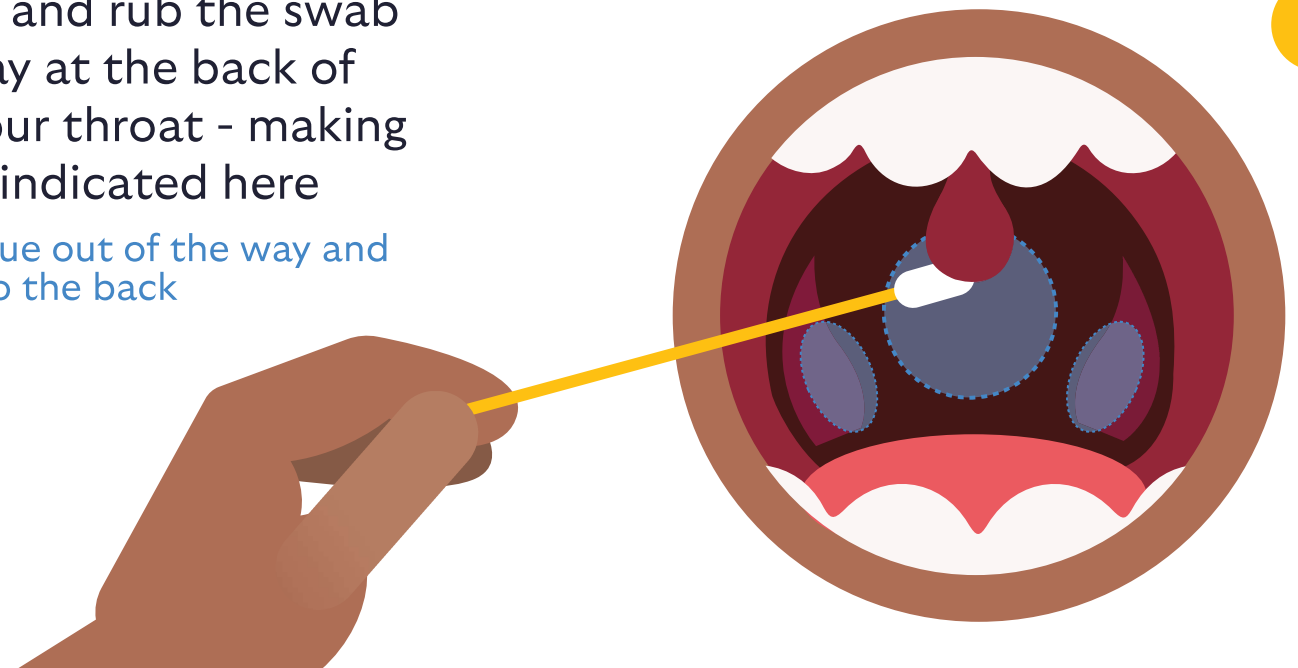
1 Wash your hands and remove the swab from the paper packet

Don't touch the tip of the swab



2 Open your mouth wide and rub the swab around the sides waaaay at the back of your mouth and into your throat - making contact with the areas indicated here

Saying 'aaahh' gets your tongue out of the way and helps you reach all the way to the back

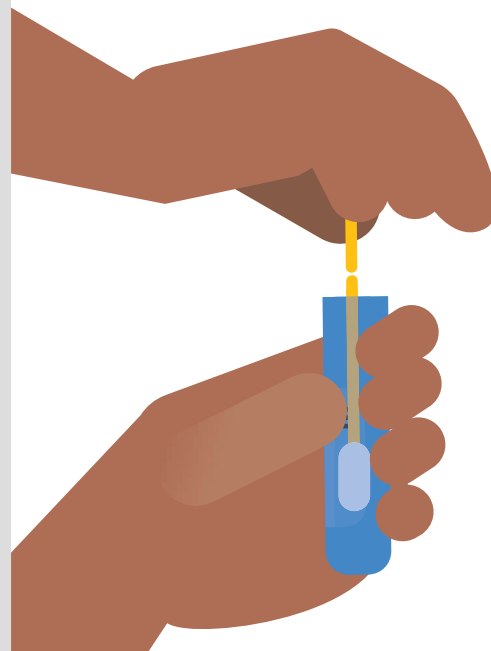


3 Carefully open the tube labelled THROAT

Make sure you don't spill the clear liquid that's inside the tube



4 Place the swab into the tube

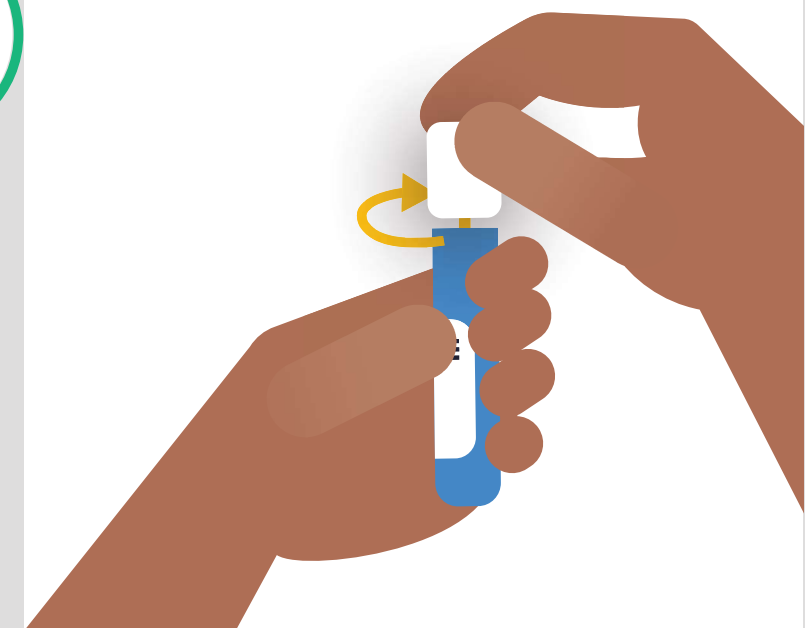


5 Break the top of the swab off at the snap line



6 Put the cap back on tightly

Make sure you wash your hands after collecting your sample



How to take your urine sample

REMEMBER TO WASH YOUR HANDS BEFORE
AND AFTER YOU COLLECT THE SAMPLE

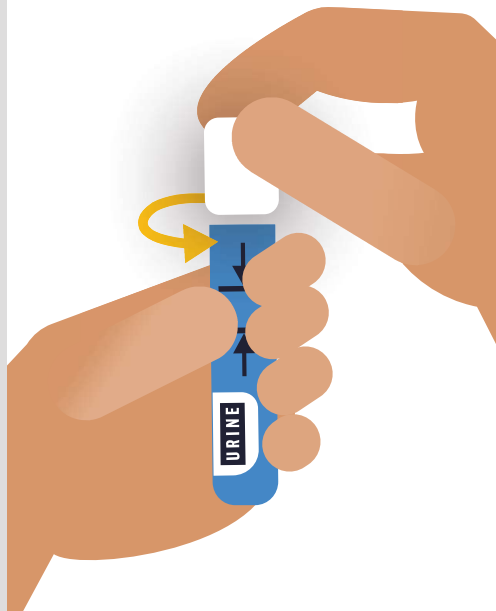


Pee the first part of the urine
stream into the container –
fill 1/3 to 1/2 way
Finish peeing into the toilet!



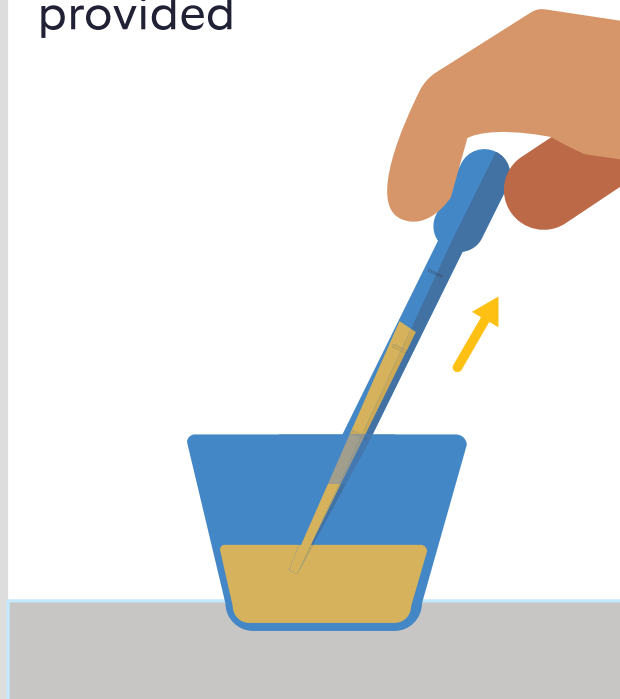
Carefully open
the tube
labelled URINE

2



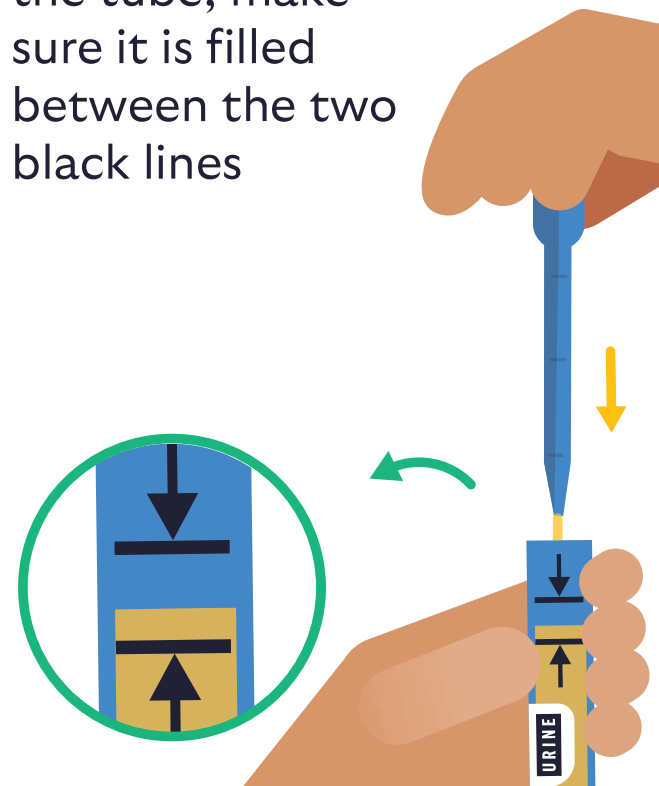
Suck some of
your urine up in
the little pipette
provided

3



Squeeze urine into
the tube, make
sure it is filled
between the two
black lines

4



Twist the cap back on
tightly

5

