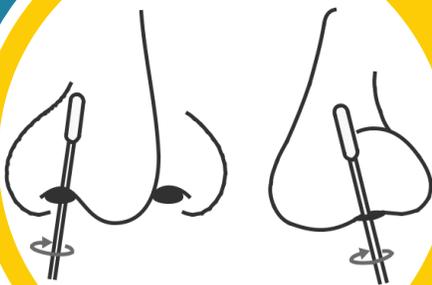
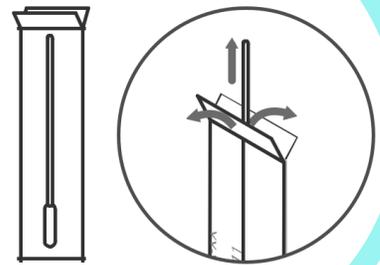


TEST TO PROTECT

We adopted a simple yet effective test. It is a nasal swab that is completed in **THREE** quick and easy steps:

1. Open Nasal Swab

Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart (like you would to open a Band-Aid).



2. Swab Nose

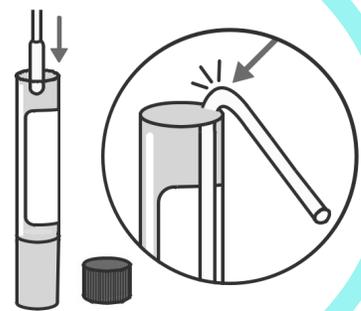
Gently insert the entire soft tip of the swab into one nostril until you feel a bit of resistance [approx. 0.5 inch] and rub it in a circle around your nostril for 10-15 seconds.

Repeat using the same swab with the other nostril.

3. Put Swab in Tube

Lower the swab, tip first, into the provided tube. Once the tip is at the bottom, break the swab handle at the top of the tube by bending back and forth.

Screw the cap on tightly. Complete.



-Sources: CDC, Audere

COVID-19 PILOT TESTING FAQ

Q: How can I prevent COVID-19?

A: The CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases: wash your hands, wear a mask, social distance, etc.

Q: What treatments are available for COVID-19?

A: People with COVID-19 should receive supportive care to help relieve symptoms. People with mild symptoms can recover at home. If you experience a medical emergency such as trouble breathing, call 911, and let the operator know you may have COVID-19.

Q: Are there vaccines or other medical products to prevent COVID-19?

A: At this time, there is no vaccine to prevent COVID-19. The FDA is working with vaccine developers and other researchers and manufacturers to help expedite the development and availability of medical products such as vaccines, antibodies, and drugs to prevent this virus.

Q: What is this test?

A: It is a PCR test utilizing a self-administered nasal (anterior nasal) swab. (See graphic)

Q: Will the test hurt?

A: Individuals should expect a little discomfort. Nasal sampling is the least invasive of the effective sampling methods. The swab is inserted a half-inch into each nostril.

Q: When will I receive my test results?

A: You can expect to view your results within 48 hours.

Q: Are my results and information confidential?

A: Yes. All patient information received to perform testing, which directly or indirectly identifies a patient or former patient, shall be kept confidential. However, it's mandatory to report positive test results to the Shelby County Health Department and Tennessee Department of Health.

Q: Can I get infected from taking a test?

A: No.

Source [cdc.gov/coronavirus/2019-ncov/downloads/OASH-nasal-specimen-collection-fact-sheet.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/OASH-nasal-specimen-collection-fact-sheet.pdf)

Rules of the Tennessee Department of Health Communicable and Environmental Disease Services: CHAPTER 1200-14-04
Disease Control Health Threat Procedures – Patient Bill of Rights

shelbytnhealth.com/DocumentCenter/View/1728/1200-14-04-Rules-of-Tennessee-Department-of-Health-Disease-Control-Health-Threat-Procedures?bidId=

For more information, visit COVID19.memphistn.gov