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