

# Self-swabbing instructions with Avante

1. When you arrive and have checked in, please wait for our staff to come to your car. Safety of you and our staff is paramount at Avante, so when our staff approach your car, please open one window slightly, ideally on the opposite side of the car from our staff member, unless you are unable to hear each other in which case partially open a nearside window.
2. We will first check your passport (or ID) and ensure it matches our records. Please hold it up against a closed car window.
3. It is ideal if you can position yourself in front of a car mirror. We will then ask you to blow your nose (if needed), and wash your hands with hand sanitiser. Please ask if you require any.

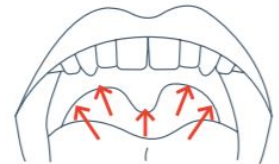
4. We will hand you a pack which looks like this:



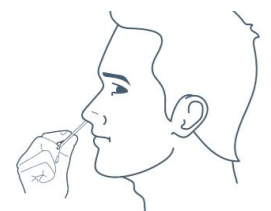
5. Remove the white bag from the red bag
6. Remove the bottle & swab, Please don't remove the absorbent pad
7. Partially open the swab pack so you can easily access a swab. If there are 2 swabs, you will be use the larger swab for your collection.

8. Remove the lid of the bottle and carefully place the lid upside down somewhere safe such as on the car dashboard or a handrest. Hold the open bottle in your non dominant hand and take the larger swab in your dominant hand.

9. **THROAT SWAB:** Open your mouth wide and stick out your tongue – you will see an arch at the back of your mouth. Try to swipe the soft tip of the swab across the five areas in the picture as below. Rub the swab several times across the very back of your throat, behind the arch. This may make you gag but should not be painful. Ensure you also swab the sides of the arch where your tonsils protrude. Try to avoid swabbing your tongue and teeth.



10. **NOSE SWAB:** Place the tip of the same cotton bud inside one of your nostrils, it should go in a few centimetres towards the back of your head. Gently rotate it 5 times.



11. Insert the swab into the bottle and snap it off. Screw the lid on the bottle. Place the bottle in the white/ clear bag. Seal the bag, being carefully to remove as much air as possible, especially if it is a non-resealable bag.

12. Place the waste in the red bag.

13. Hand both bags to our staff member and wash your hands again. **You are done!**