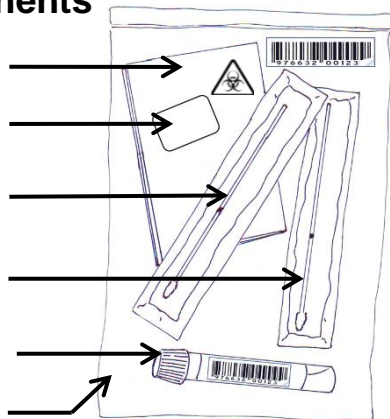


### Sampling kit components

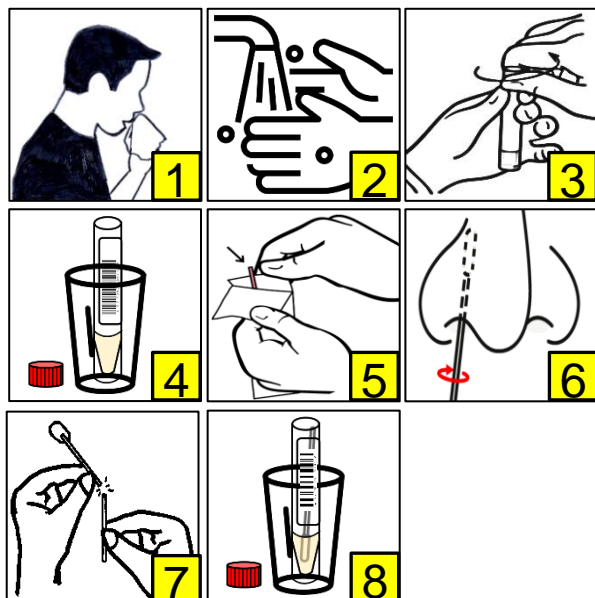
- « Biohazard » bag
- Absorbant (leave into the bag)
- Swab for oral sampling
- Swab for nasal sampling
- Tube with transport liquid inside
- « Barcode » bag



### Instructions for the nasal sampling

**Make sure not to eat, drink, smoke or brush your teeth at least 20 minutes before the sampling.**

1. Blow your nose with a clean tissue.
2. Wash your hands (with soap or hydro-alcoholic solution).
3. Open the tube containing the transport liquid.
4. Place this tube in a small, stable container (glass, cup) to avoid spilling it.
5. Remove the swab for the nasal sampling from the wrapper by holding the plastic handle. **Do not touch the cotton tip!**
6. Insert the entire cotton tip of the swab into one nostril until you feel a bit of resistance, then rub it in a circle around your nostril 4 times. Repeat the previous action in the second nostril using the same swab.
7. Break the swab at the break point. **Do not touch the cotton tip!**
8. Put the cotton end of the swab in the tube containing the transport liquid (the cotton end must be immersed in the liquid).



### Instructions for the oral sampling

9. Take a deep breath then cough 5 times in your elbow.
10. Remove the swab for the oral sampling from the wrapper by holding the plastic handle. **Do not touch the cotton tip!**
11. Insert the cotton tip of the swab into the mouth. Rub several times inside of both cheeks, the top and the bottom of the tongue, the palate, and finally the lower and upper gums (make sure the cotton is well soaked in saliva).
12. Break the swab at the break point. **Do not touch the cotton tip!**
13. Put the cotton end of the swab in the tube containing the transport liquid previously used for the nasal sampling.
14. Close the tube by firmly screwing the cap.
15. Turn the tube 3 times to mix the samples impregnated on the cotton with the liquid.
16. Put the tube in the « biohazard » bag then make sure to close the bag tightly (do not remove the absorbant).
17. Put the « biohazard » bag in the « barcode » bag and seal it (do not remove the barcodes stuck on the bag). Store the bag in the refrigerator (between 4°C and 8°C).
18. Give the bag to the referent of your accommodation or drop it in a health care center (see the list provided in the appendix).

