How to Swab Your Throat

1. Wash your hands.
2. Open your mouth in front of a mirror and look at the back of your throat.
3. Gently rub the swab on the back of your throat. Make sure to swab the three circled areas.
4. Without putting down the swab, unscrew the cap. **DO NOT** pour out the liquid in the tube or break the foil cap.
5. Place the swab in the tube and break off the end of the swab.
6. Tightly screw the cap back on.
7. Wash your hands.