Self-Swab Nasal Collection Instructions

DO NOT OPEN THE SPECIMEN BAG
UNTIL YOU ARE IN FRONT OF THE MEDICAL OBSERVER

1. You will be given a labeled test tube and swab in a specimen bag when you check in. Leave it closed until you are at the testing station.

2. Place the contents of the bag (test tube and swab) in the bin on the table in front of the medical observer.

3. Insert the swab into one nostril all the way in and move the swab in a circle 4 times, and then leave it in place for 10 seconds and remove.

    Then with the same swab, do the same in the other nostril.

4. Place the swab, cotton side down, into the test tube and put the cap back on.

    Then leave the test tube in the tray.

Maintain social distancing throughout this process.

Please move briskly through the stations and exit as directed.
Results:
The Broad Institute in Cambridge, MA will process these specimens will email you your results. They have a secure login system that you will need to access. This information will be in the email.

If you test negative:
If your test is negative, it is very likely that you do not have the virus at this time. You will need to continue to practice social distancing, wear a mask, and continue to follow any applicable federal, state, or local orders related to COVID-19.

If you test positive for COVID-19:
HUHS is required by law to report this to the Massachusetts Department of Public Health. A contact tracer will call you to provide more information and instructions and ask about your close contacts. You may not return to work and are required to remain in isolation for at least 14 days until you are cleared by the contact tracer.

If you start to have any symptoms, you should seek medical advice. The list of symptoms compiled by the U.S. Centers for Disease Control and Prevention (CDC) currently includes: cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat and new loss of taste or smell.

Your test results will be stored in a secure location.

It is essential that you respond to the contact tracer as soon as possible so we can protect others you may have been in contact with, and the community.

For questions, contact HUHS at 617-495-5711 and follow the prompts to the COVID line.