

# Swabbing instructions for WellKiwis and SHIVERS II adult participants



These instructions are for participants in the Well Kiwis and SHIVERS II projects. Please read through all instructions before opening the container.

## 1. Getting ready



Clean and dry a surface you can work from.

Wash your hands for at least 20 seconds with soap and water.

Dry thoroughly.

Get a clean, dry cup or small glass (to use to hold the swab tube upright), a pen and a clean pair of scissors to cut the handle off the swab.

Open the container and lay out all the contents on the cleaned surface.

1. Container
  2. Specimen request form (with two sticky labels attached)
  3. Bubble bag (with absorbent pads inside)
  4. Swab tube
  5. Swab
  6. Specimen bag
- Pen and scissors (not provided)

Write the date on the two sticky labels attached to the specimen request form.

Stick one on the specimen request form, and the other on the swab tube. This can cover the existing swab tube label.

If the sticky labels are missing, please fill in the request form details and write the same details on the existing swab tube label.



**WellKiwis**  
influenza study

## SHIVERS II

SOUTHERN HEMISPHERE INFLUENZA AND VACCINE EFFECTIVENESS RESEARCH AND SURVEILLANCE

**For more information, please contact**

Research Nurse Coordinator

Phone: 027 382 9702

Or WellKiwis freephone: 0800 493 555

## 2. Taking the swab



Wash your hands again for at least 20 seconds with soap and water.

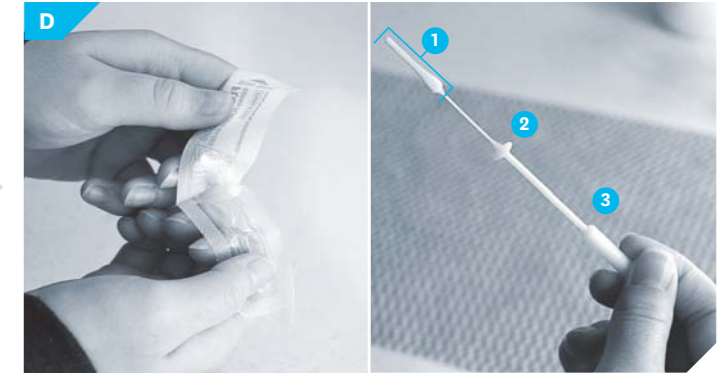
Dry thoroughly.



Loosen but do not remove the swab tube lid, and place upright in the cup or glass.



If you are swabbing another person, it is easiest if they are sitting down.



Peel open packaging and remove swab, holding it by the white handle. Do not touch the swab tip.

Identify the safety stopping point and break point.

1. Swab tip
2. Safety stopping point
3. Break point



The person being swabbed tilts their head back slightly.



Gently insert swab into one nostril until the safety stopping point touches just inside the nose.

The swab should be parallel to the floor.

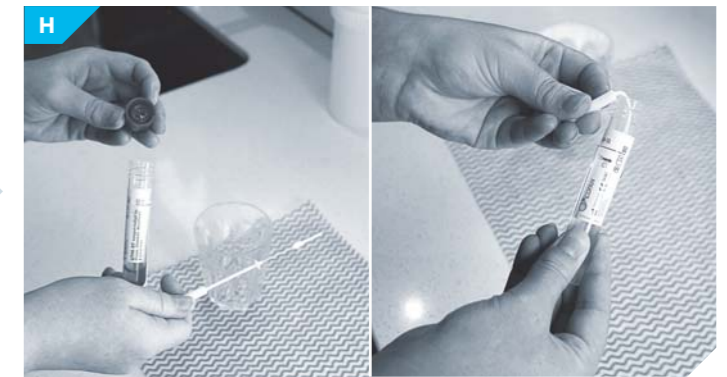


The entire swab tip should be inside the nostril.

The person will feel some pressure but this should not hurt.

Keep it there for 15 seconds and then rotate the swab as you take it out of the nostril.

DO NOT LAY THE SWAB DOWN.



While holding swab by the handle, remove the loosened cap from the swab tube and place swab into the swab tube so that the tip goes into the liquid at the bottom.

Break swab off at the break point OR cut swab with a pair of scissors. Discard swab handle into the rubbish.

Screw the cap back on firmly.

## 3. Finishing up



Check that the swab tube and request form sticky labels match.

Place the swab tube into the clear plastic specimen bag and snaplock the bag closed.

Place the request form in the outer pocket of the specimen bag.

If you are taking swabs from other people, wash your hands and repeat the swabbing process.



If you are taking swabs from other people

- only one swab per swab tube
  - only one swab tube per specimen bag
- Place the clear plastic bag/s into the bubble bag.  
Check the absorbent pads are in the bubble bag.



Roll the bubble bag and place it inside the plastic container. The bag will poke out of the tube, but can be squashed down when screwing the lid on.

Screw the container lid on firmly.



Wash your hands for at least 20 seconds with soap and water.

Dry thoroughly.

Take the container out to the nurse.

To finish up, wipe the scissors clean and clean the surface you worked on.