 

**Sanitize your hands and pull up your mask!**

**Do the same thing on the other side of your nose.**

**Take the nasal swab out of the package, be careful to only touch the handle!**

**2**

**Put the swab in your nose and spin it around 4 times.**

**3**

**6**

**Put the swab into the tube boogers down.**

**5**

**4**

**Make sure you wash or sanitize your hands.**

**Thank you for helping keep your friends, family, and teachers healthy!**

**1**

**superhero!**

**swabbing**

**Be a**