

GETTING A NASAL SWAB

Today you will need a nasopharyngeal (nasal) swab, which means “in your nose.”

The swab is small and plastic and bendable. On the end is a little brush used to collect some of your mucus, which is just inside your nose. This will tell us more about what’s happening inside your body, so that we know how to help you.

The staff taking care of you will wear special equipment like a gown, gloves, a mask and goggles to help make sure we don’t spread germs. They will place the swab inside of your nose. It might feel tickly and strange. It will only take a few seconds.

It’s okay to feel nervous or scared, because this may be something you’ve never done before. Here are some tips:

- Take deep breaths through your mouth.
- Tip your head up and look toward the ceiling. You can have someone hold a phone above your head so you can watch a video, if it helps.
- Hold as still as you can!

