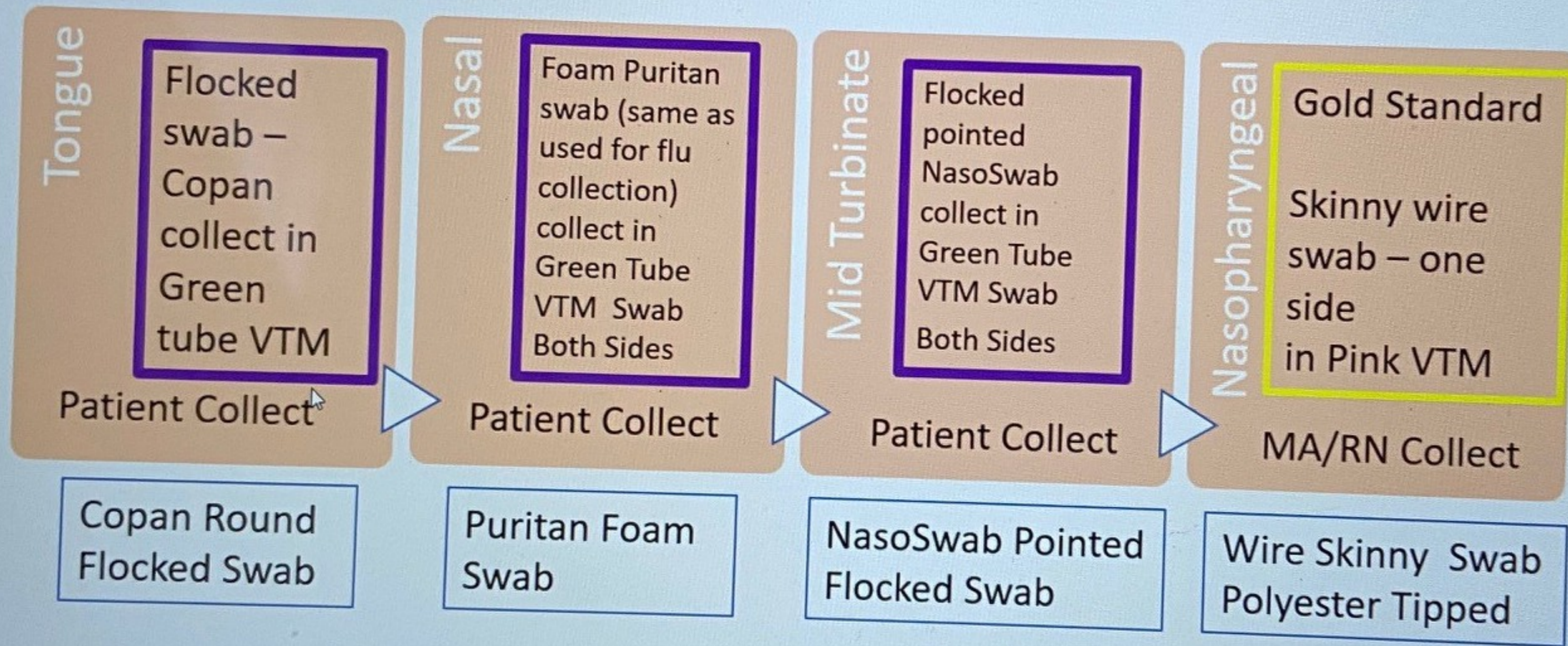


The answer is right under your patients nose

Patient collected nasal or mid turbinate samples are as sensitive as
clinician collected nasopharyngeal samples in the detection of SARS-CoV-2

Yuan-Po Tu, MD
The Everett Clinic, Part of Optum
3-27-2020

Trial Design for Detection of SARS-CoV-2



#1. Tongue collection method – Patient Collects

1. Tongue Sample collection:

- a. Firmly but gently brush the swab along the length/breadth of the anterior 2/3 of the tongue dorsum for about 10 seconds. Avoid the posterior portion to prevent discomfort or choke responses.
- b. Swabbing may leave the tongue of the volunteer feeling dry, but should not cause any pain or discomfort.

2. **After collection**, immediately break off the head of the swab into the 2 ml tube with pink viral transport Media . Discard the shaft of the swab.

3. The swabs should be **stored cold/refrigerated** as quickly as possible.



Round Foam FLOQSwab for Tongue



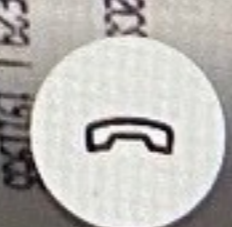
Mic



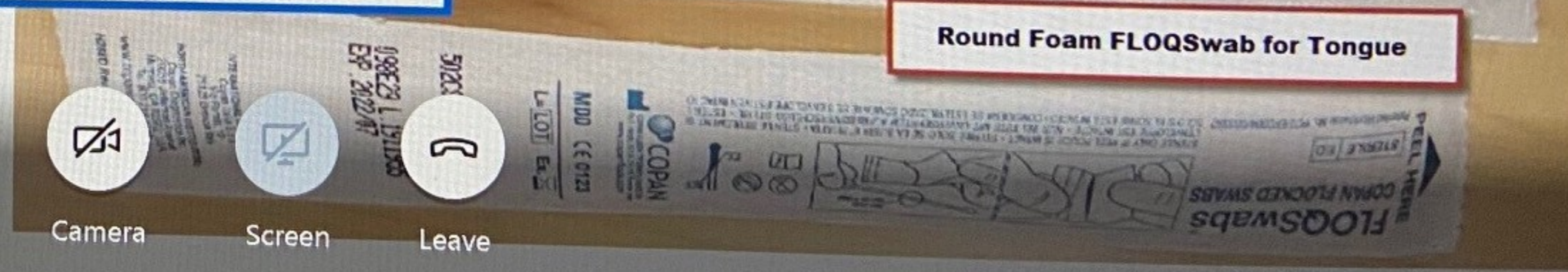
Camera



Screen



Leave



#2 Nasal collection – Swab Both Nostrils Patient Collects

Nasal Swabs collection technique

Gentle insert swab in the **vertical** position until there is gentle resistance.

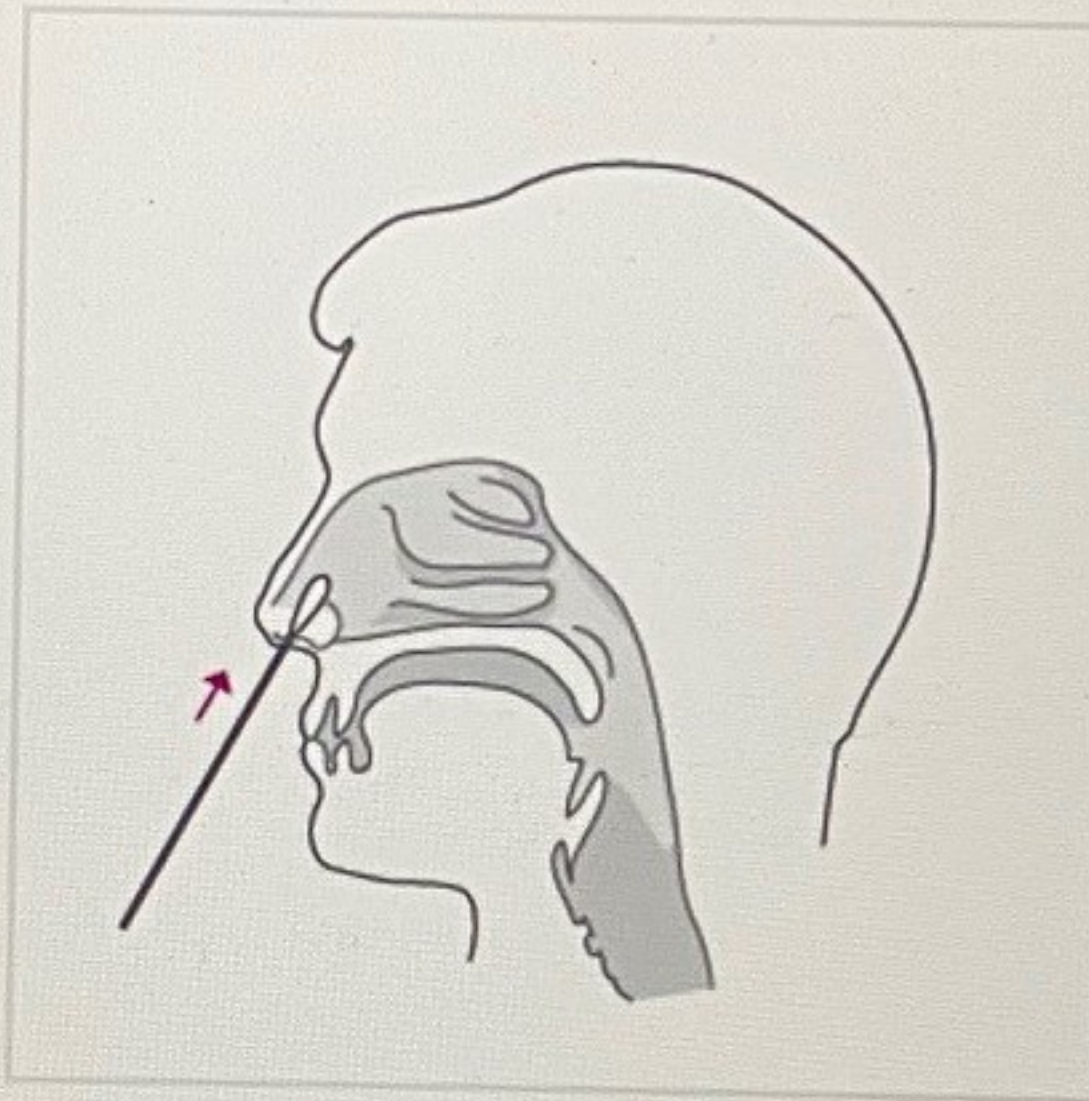
Leave swab in for 10-15 seconds on each side

Gently rotate the swab

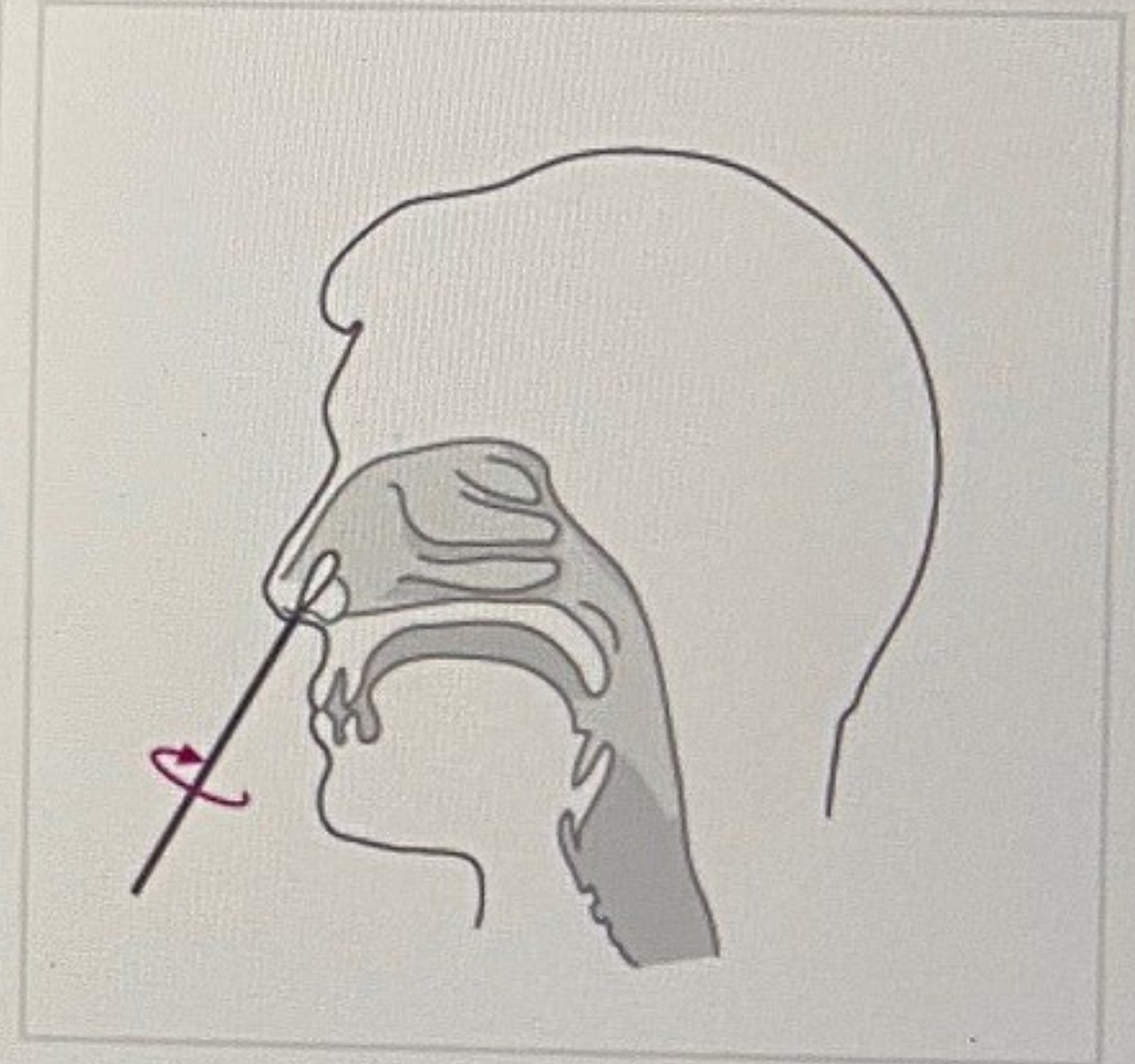
Repeat on the other nostril with the same swab

Place swab in viral transport media and break off

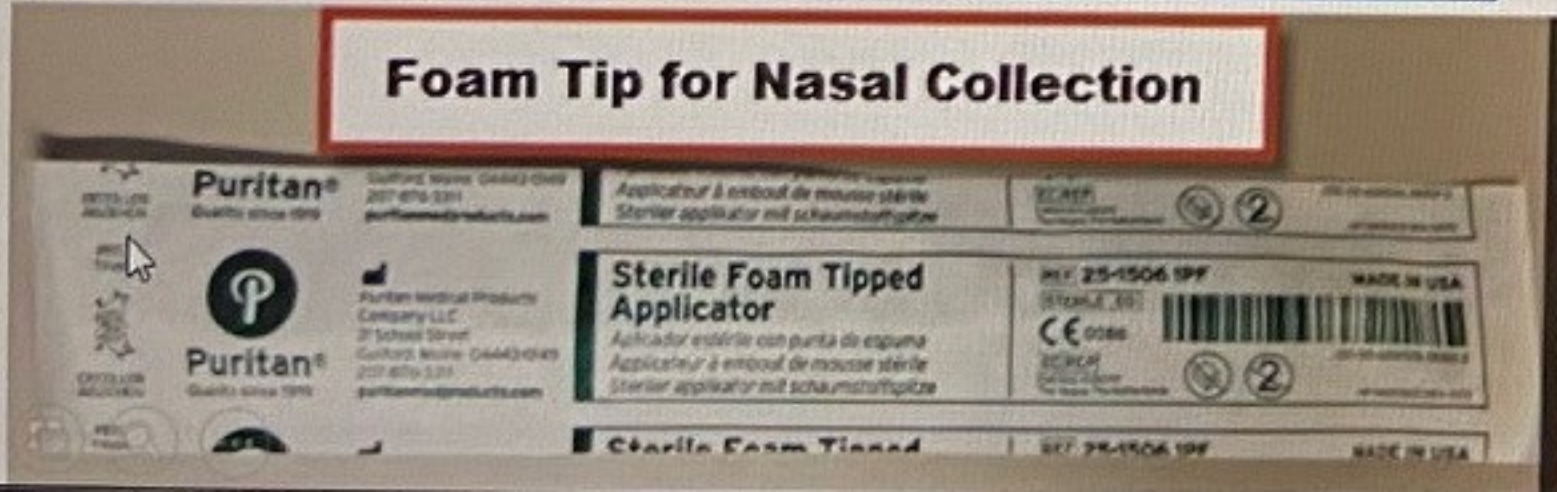
COLLECTION OF A NASAL SWAB



1 To collect a nasal swab sample, carefully insert the swab into the nostril exhibiting the most visible drainage, or the nostril that is most congested if drainage is not visible.



2 Using gentle rotation, push the swab until resistance is met at the level of the turbinates (less than one inch into the nostril). Rotate the swab several times against the nasal wall then slowly remove from the nostril.



#3 Mid Turbinate – Swab both sides – Patient Collects

Mid turbinate Swabs collection technique

Gentle insert swab in the **horizontal** position until there is gentle resistance.

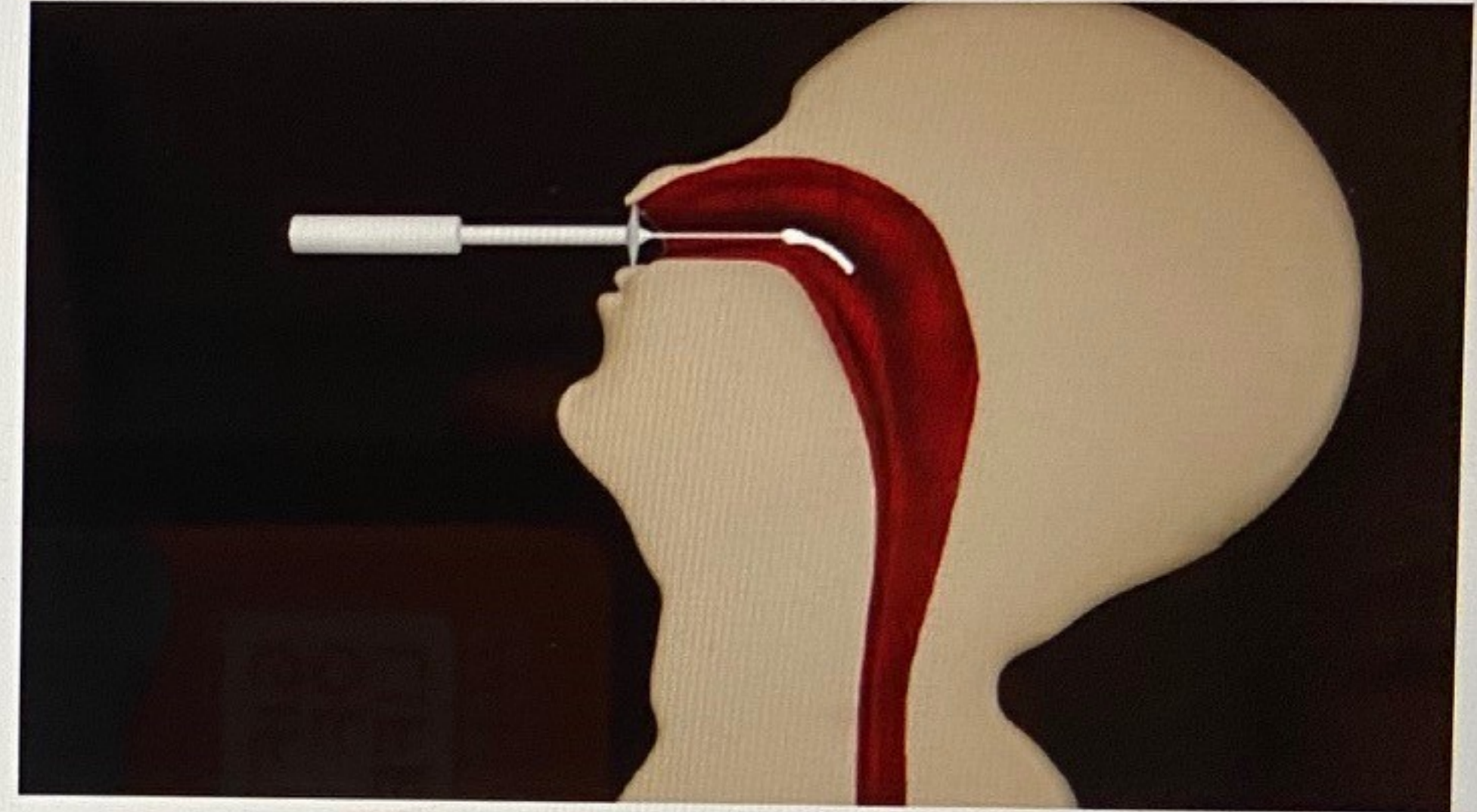
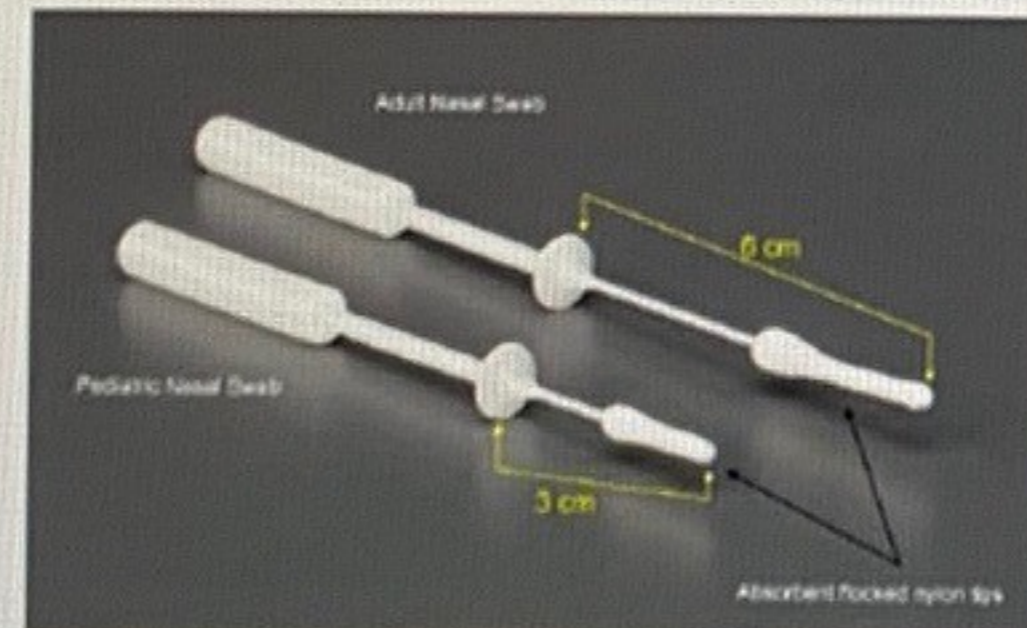
Leave swab in for 10-15 seconds on each side

Gently rotate the swab

Repeat on the other nostril with the same swab

Place swab in viral transport media and break off

Longer swab for adults
Smaller one for Kids
Use the remaining
swab for the tongue
sampling.



A sterile swab is passed gently through the nostril

Taking a Nasal Swab

ADAM

#4 Nasopharyngeal Swab Collection

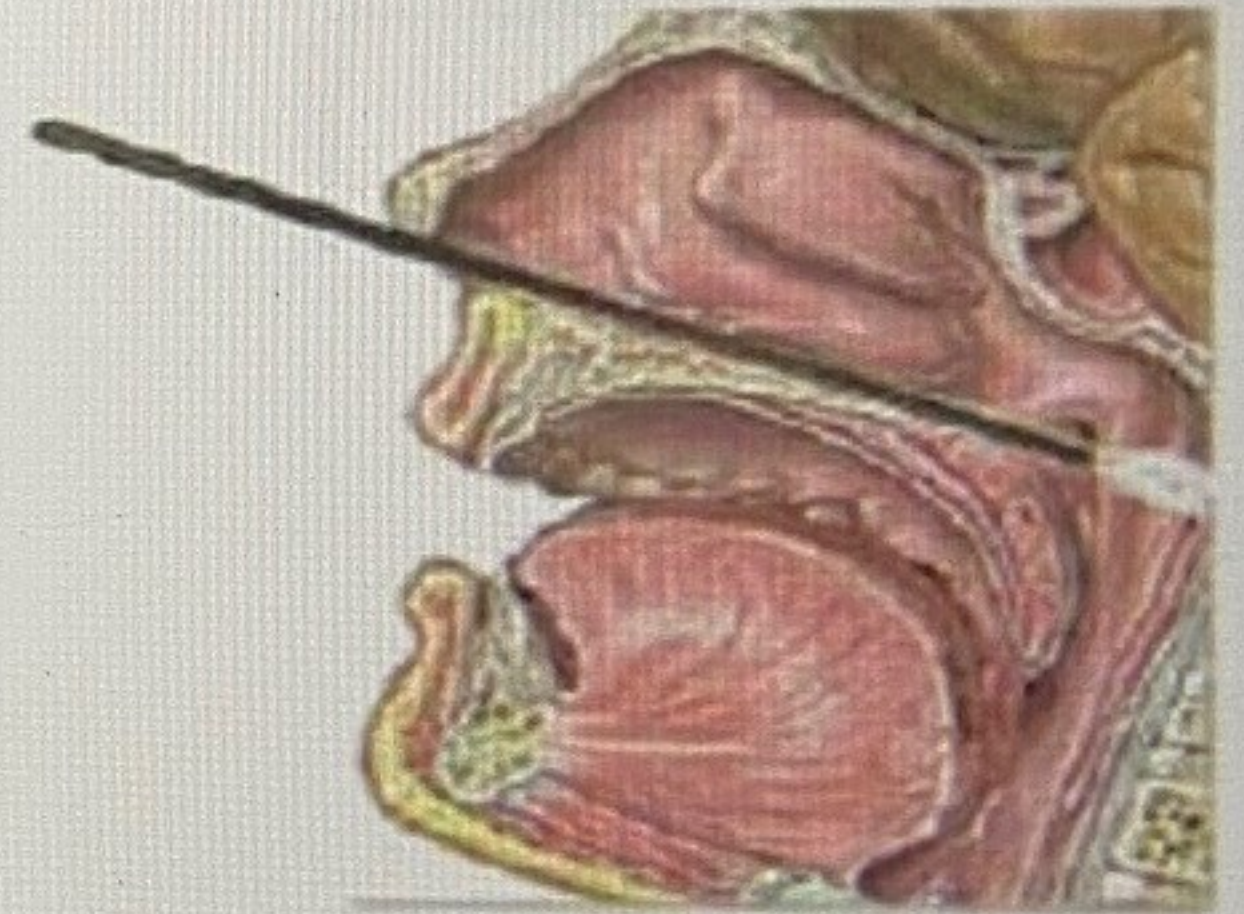
Use the skinny end in the horizontal position, gently pass the swab along the floor of the nose (straight back, not up the nose) until the posterior nasopharynx has been reached (distance from nostrils to external opening of ear)

Once resistance is met (the swab should pass into the pharynx relatively easily), rotate the swab several times and withdraw the swab

Break off top of swab (it will snap off)

Place in transport medium.

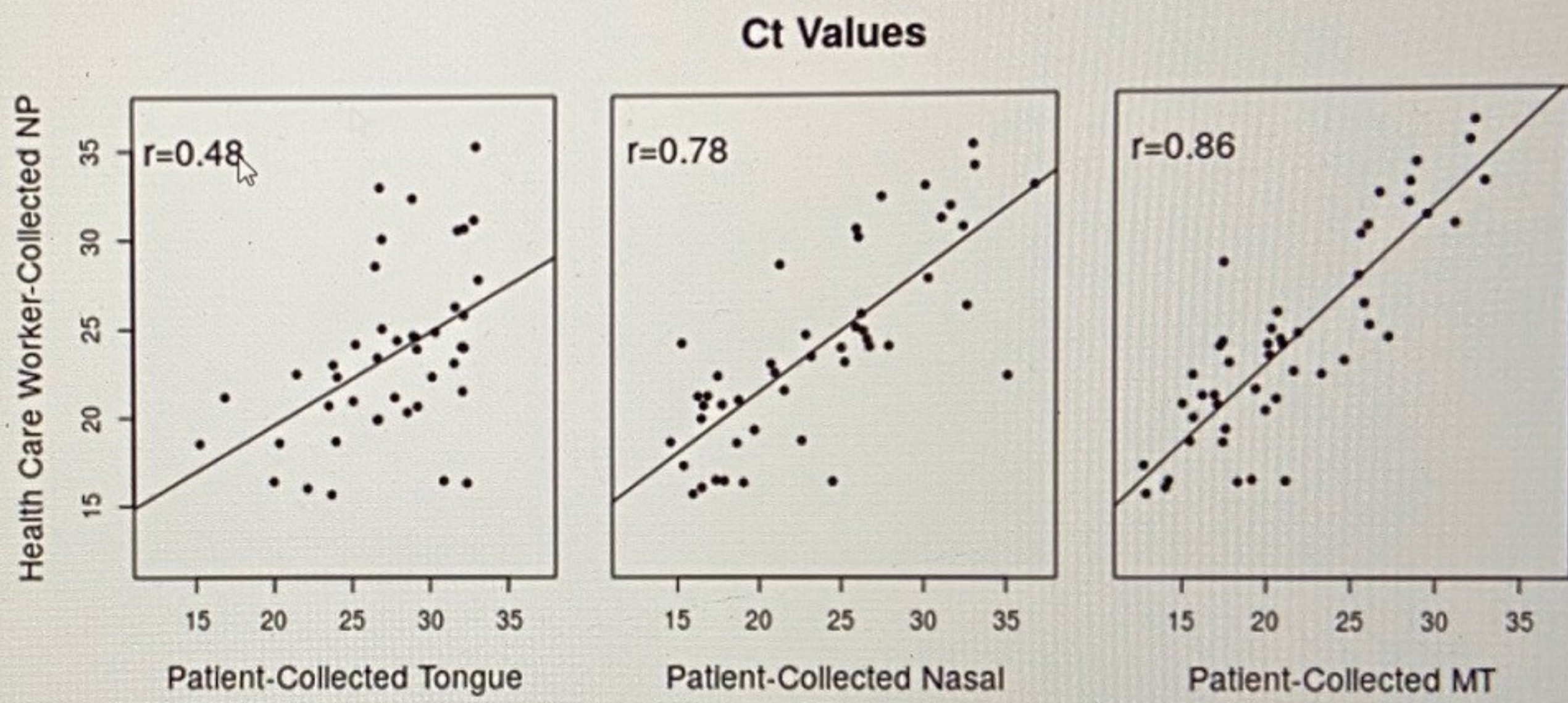
Swab only on one side (not both nostrils)



Sensitivity of Tongue vs NP 90% [82-100%]
Sensitivity of Nasal vs NP 94% [85-100%]
Sensitivity of Mid Turbinate vs NP 96% [88-100%]



CT Values and correlation



Self-swab nasal specimen collection

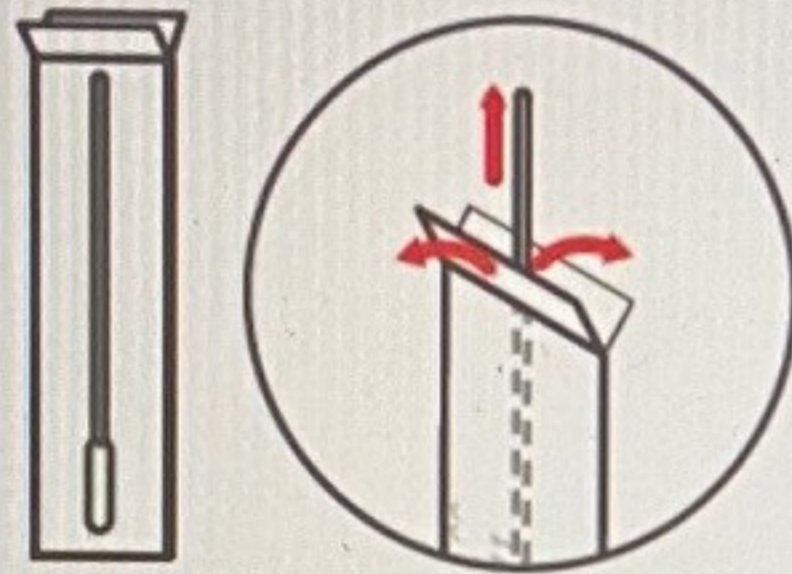
We know you aren't feeling well. Thank you for your participation. With your help, we want to understand whether people can test themselves for COVID-19 without assistance from a clinician.

These kinds of tests could one day become available for at-home swabbing for COVID-19 and other diseases like it. We appreciate your time and attention to the instructions below.

1 Open nasal swab

Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart (like you would to open a band-aid).

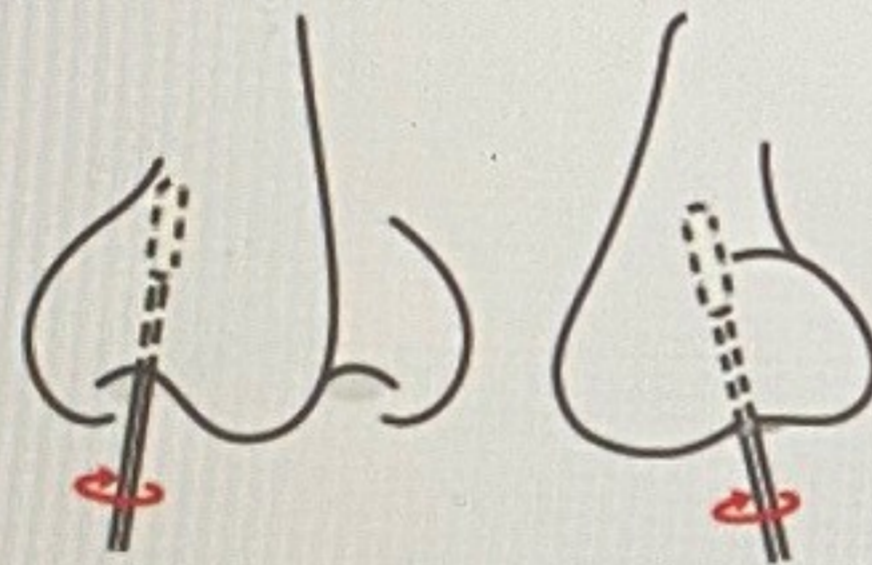
Be careful to only touch the handle, not the tip.



2 Swab nose

Gently insert the **entire** soft tip of the swab into one nostril until you feel a bit of resistance and rub it in a circle around your nostril **4 times**.

Next, gently insert **the same swab** into the other nostril and rub it around the same way.

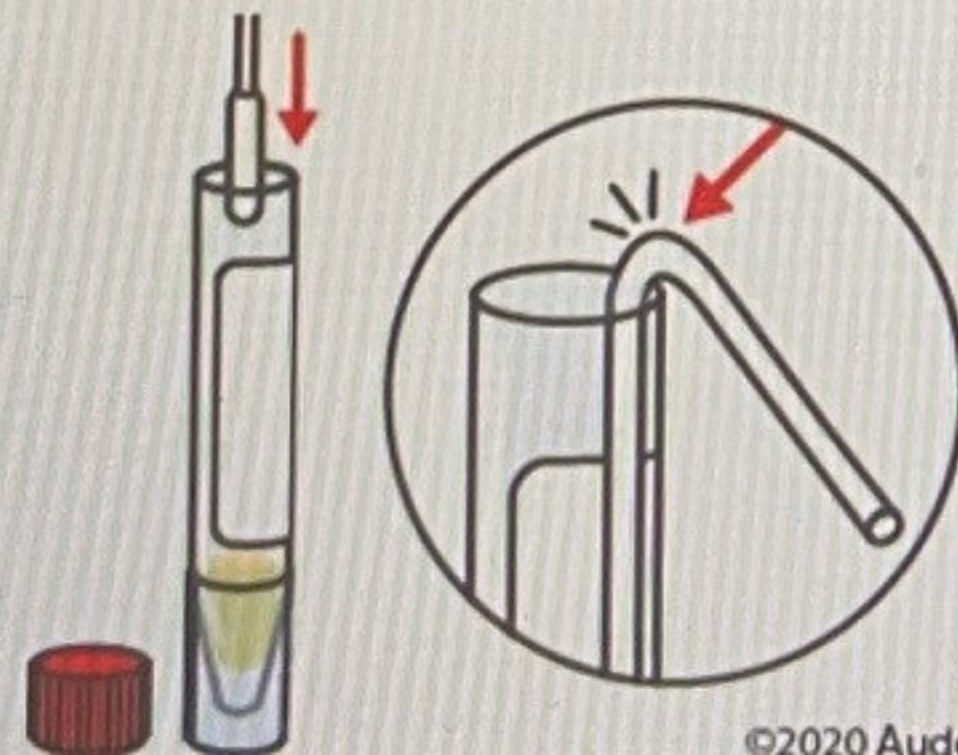


3 Put swab in tube

Lower the swab, tip first, into the provided tube.

Once the tip is at the bottom, break the swab handle at the top of the tube by bending back and forth.

Screw the red cap on tightly.



Nasal Self Collection



FAQs on Diagnostic Testing for SARS-CoV-2

Specimen Collection

FDA believes that a nasopharyngeal specimen is the preferred choice for swab-based SARS-CoV-2 testing.

If a nasopharyngeal specimen is not available, then any of the following are acceptable:

- oropharyngeal specimen collected by a healthcare professional (HCP);
- mid-turbinate specimen by onsite self-collection or HCP (using a flocked tapered swab); or
- anterior nares specimen by onsite self-collection or HCP (using a round foam swab).

CDC has adopted the changes

- **Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 (COVID-19)**

Revisions were made on March 24, 2020 to reflect the following:

- Allowance for self- or healthcare worker-collected nasal swabs as an acceptable specimen type if NP swab is not possible
- Allowance for self- or healthcare worker-collected nasal turbinate swabs as an acceptable specimen type if NP swab is not possible
- Updated infection control link to [COVID-specific guidance](#)

Patient Self Collection

- Nasal and Mid Turbinate samples are as sensitive as NP collection performed by medical personnel.
- By having the patient collect the sample the risk of exposure to the health care worker is vastly reduced.
- By having the patient collect the sample the need for PPE is vastly reduced.
- By having the patient collect the sample the time it takes to collect is vastly reduced.



Drive Thru Collection

