Self-Testing Instructions

Completing a COVID-19 self-test is easy. Please follow the steps below to ensure an accurate and safe testing experience. The test must be completed the same day you drop it off at the Health Services Annex.

1. Wash or sanitize your hands before completing the test.
2. Open the kit and remove the swab and tube.
3. Unscrew the cap of the tube and place the flat bottom vertically on the counter with the opening facing up. Place the tube on a flat surface or in a small container with a flat bottom and be careful not to spill any liquid.
4. Unwrap the swab by peeling off the paper. Do not touch the foam tip of the swab.
5. Insert the swab into your nostril. The foam tip should be completely inside your nostril. You should not feel any pain or discomfort.
6. Rotate the swab 3–5 times around the interior sides of your nostril. Repeat with your other nostril.
7. Invert the swab so the foam tip goes into the tube and is submerged in the liquid. Be careful not to touch the opening of the tube.
8. Gently bend the handle of the swab until it snaps off. Please do this slowly so the swab does not “jump” out of the tube.
9. Screw on the tube cap. Ensure the cap is on securely and no liquid can drip from the tube.
10. Place the tube upright into the plastic bag and seal the bag.

Drop off your sample at the Health Services Annex in the rear of Agganis Arena at 925 Commonwealth Ave., Boston, MA the same day.

In case of spill: If the tube or swab is dropped, please discard the materials in a regular trash bin. Use soap and water or any available disinfectant to clean the surface with a paper towel. Discard paper towels in a regular trash bin.

Thank you for helping to keep our community safe!