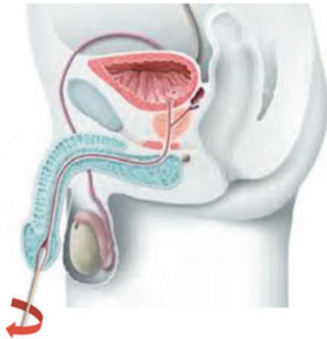
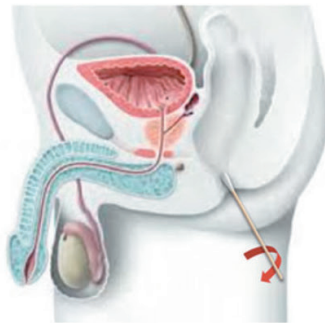


# SELF SWABBING: HOW IT WORKS



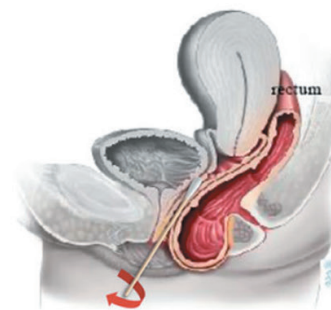
## Urethral

Carefully insert the thinnest swab into the urethra (0.5-1 cm) and twist a little, then pull out, place in the tube and break off at the pre-punched edge (swab remains in the tube).



## Rectum

Gently insert the 1-2 cm swab into the anus and turn it slightly, then remove it, place it in the tube and break it off at the pre-cut edge (the swab remains in the tube).



## Vagina/sheath

Similar to a tampon, insert the swab approx. 4-5 cm into the vagina and twist it for approx. 10 seconds, place it in the tube and break off at the pre-punched edge (swab remains in the tube).



Close the lid tightly, apply adhesive and hand in at the registration.