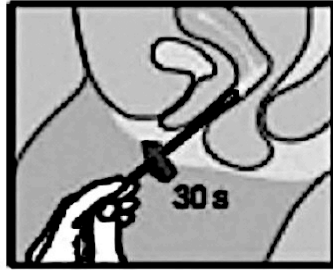


Steps for Self-Collection of Swabs



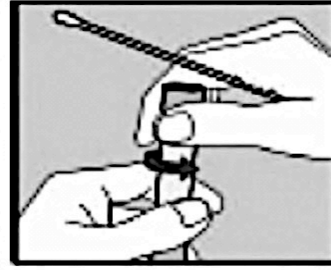
Step 1

Remove ONE swab from package without touching tip. Hold swab with one hand and separate fold of skin around vaginal opening.



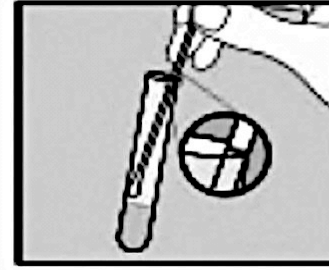
Step 2

Insert swab 2 inches, twist for 30 seconds while swab touches against vaginal walls.



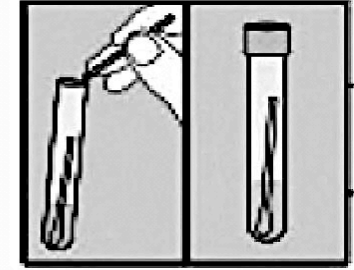
Step 3

Remove swab without swab touching any surface. Twist open the collection tube.



Step 4

Lower the swab (cotton-end first) into the collection tube.



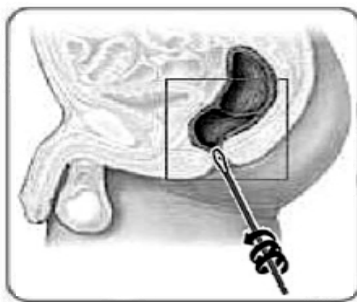
Step 5

Break the top half off of the swab along the middle black line. Close the collection tube tightly.



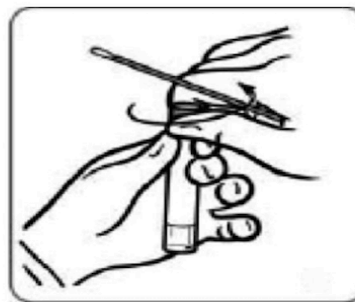
Step 1

Remove swab from package without touching tip. Hold swab with one hand and lift one cheek for easy access to rectum.



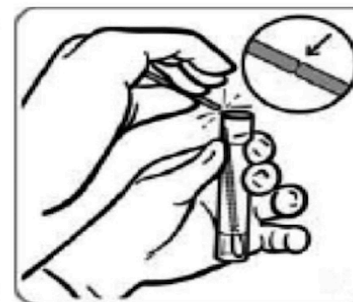
Step 2

Insert swab 1 inch into anus, twist for 30 seconds while swab touches against anal walls.



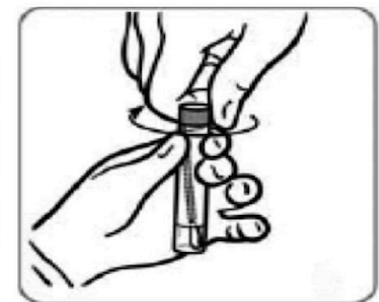
Step 3

Remove swab without swab touching any surface. Twist open the collection tube.



Step 4

Lower the swab (cotton-end first) into the collection tube. Break the top half off of the swab along the middle black line.



Step 5

Close the collection tube tightly.