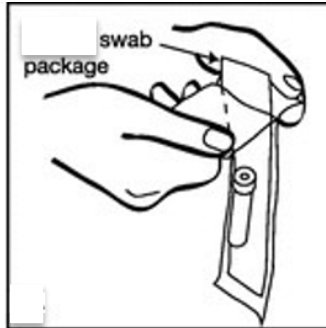


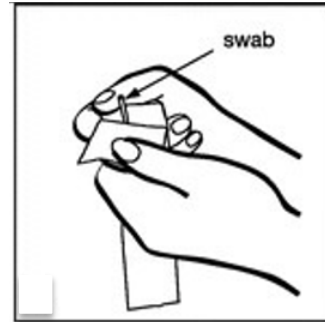
STI TESTING - HOW TO COLLECT A THROAT SELF-SWAB



1. Wash your hands with soap and water.



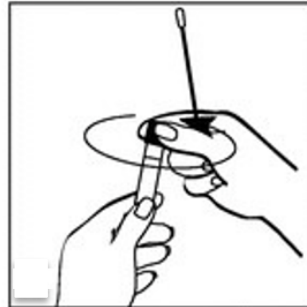
2. Open the package.



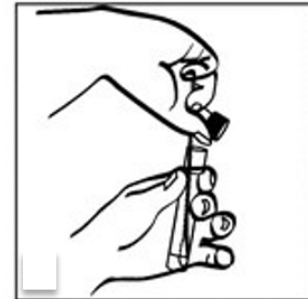
3. Remove the swab.



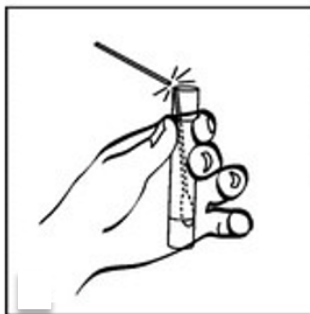
4. Open your mouth wide. Try not to touch your tongue. Rub the cotton swab firmly and quickly from one side of the throat to the other, and back. Remove the stick.



5. Open the cap of the container.



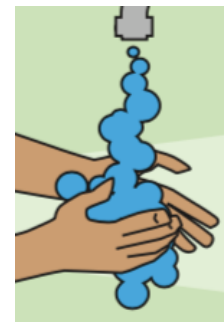
6. Put the cotton end of the swab into the container.



7. Break the end of the swab shaft at the break point.



8. Put the cap on the container. **Twist the cap closed tightly.**



9. Wash your hands with soap and water.