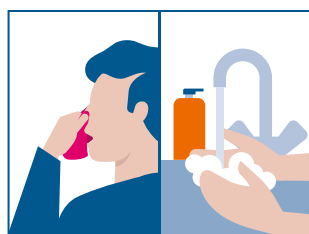




Instructions for **collection of nasal fluid**

We ask you to collect nasal fluid using a flexible strip. The strip is inserted several centimetres into the nose. We will explain how you do this step by step. Go through all the steps.

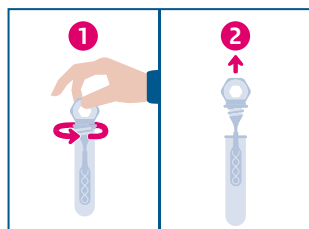
See www.rivm.nl/en/pienter4 for an instruction video with explanation and frequently asked questions.



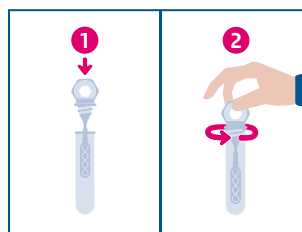
- 1** Blow your nose and wash your hands with soap and water. Dry your hands with a clean towel.



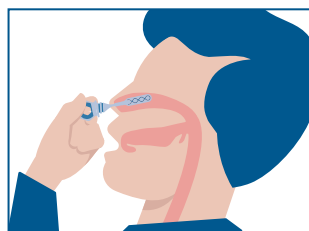
- 4** Close the nostril in which you inserted the strip by pressing on the side of that nostril. Keep it closed for **1 minute**. For young children, try to close the nostril for at least 30 seconds, or as long as possible (maximum 1 minute).



- 2** Remove the (nasal) strip from the tube by unscrewing the white end of the tube (anticlockwise). Hold the strip by its hexagonal plastic tip. Do not touch the flat strip that goes into the nose.



- 5** Carefully remove the strip from the nose and place it back into the tube. Close the tube by turning it (clockwise) at the white end of the strip.



- 3** Carefully insert the strip into a nostril up to the thickened section at the hexagonal handle. You only need to collect a sample from one nostril. If you received two strips, please repeat steps 2 to 5 in the other nostril.



- 6** Package the collected bodily materials and send them off. The instructions and materials required for packing and shipping are included in the package.