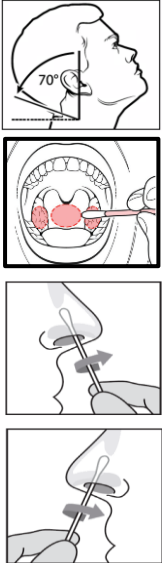



Sampling technique	ID NOW test	PCR STANDARD test
<p>A. Nose and throat (5 points)</p>	<ol style="list-style-type: none"> 1. Use the rigid swab provided with the ID NOW COVID-19 kit. 2. Tilt the user's head back at an angle of roughly 70°. 3. Swab three sites: back of the throat + both tonsils. 4. Gently insert the same swab one to two cm in one nostril until resistance is felt at the turbinates, then rotate, ensuring contact between the swab and nasal mucosa, for three seconds. 5. Repeat in the other nostril. 	
<p>B. Nasopharyngeal</p>		<ol style="list-style-type: none"> 1. Use the flocked swab. 2. Gently insert into the nose until slight resistance is felt, then rotate five times. This is IMPORTANT in order to obtain cells. 3. Break the swab in the receptacle. 4. Properly identify (double identification + date of specimen or Omnilab label), seal and store at 4°C. 5. Send to the lab at 2° to 8°C within 72 hours, otherwise freeze. 



Directives concerning specimens for COVID-19

Preferred specimens	ID NOW test (Nunavik points of service)	PCR STANDARD test
C. Gargle		Refer to the method for obtaining specimens through the gargle method for the COVID-19 test.
D. Nasopharyngeal wash		The nasopharyngeal wash is a specimen in itself. It is sufficient to collect the used saline solution in a sterile container (for urine) and to send it under the same conditions as for a swab. Send to the lab at 2° to 8°C within 72 hours.