

Memorandum

Re: Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV2) Nasal Swab Testing

Date: August 1<sup>st</sup>, 2020

To Whom It May Concern:

According to the Office of the Assistant Secretary of Health of the US Public Health Service, nasal sampling is less invasive and results in less patient discomfort than naso-pharyngeal sampling. It has been shown that results from self-administered nasal swab testing are as reliable and accurate as nasopharyngeal swab testing results in detecting coronavirus provided that it is done correctly. Collection of nasal swab specimens is less technically complex, so this approach can reduce the risk of the spread of infection to healthcare providers, by reducing the duration of the procedure, and by allowing the patient to perform self-collection while under observation by a healthcare provider. It also lessens the requirement for personal protective equipment, given that the patient can perform self-collection under supervision versus the health care provider performing the collection. The procedure for nasal sampling is as follows: using a nasal swab, insert swab at least 1 cm (0.5 inch) inside the nostril and firmly sample the nasal membrane by rotating the swab and leaving it in place for 10 to 15 seconds. Sample both nostrils with the same swab.

For healthcare providers collecting nasal swabs: maintain proper infection control and use recommended personal protective equipment, including an N95 or higher-level respirator (or facemask if a respirator is not available), eye protection, gloves, and a gown, when collecting specimens is recommended. For healthcare providers who are observing patient self-collection of nasal samples and are handling specimens, but are not directly involved in collection and not working within 6 feet of the patient, only use of disposable gloves and a facemask or cloth face covering is recommended, along with maintaining at least 6 feet of separation.

We are CLIA and CAP certified and accept nasal swabs collected by health care providers or by self-collection under medical supervision. Our methods have been approved by the FDA with an emergency use authorization for both nasopharyngeal and nasal swab SARS-CoV-2 RNA testing. Our turnaround time is 24-48 hours from the time of receiving the sample. For questions call Customer Care at 1-508 663-5484. Thank you.

Sincerely yours,



Ernst J. Schaefer, MD  
Chief Medical Officer & Laboratory Director