Nose or sinus problems
Tell the tester if you have any of the following.
- Nose or sinus problems
- Recent nose injury or surgery
- Medication to thin your blood
- A blood clotting disorder
- Questions about the test

Wear your mask to the testing site.

Your tester will wear a medical mask, gloves, a gown, and a face shield.

BEFORE YOUR TEST
Tell the tester if you have any of the following.
- Nose or sinus problems
- Recent nose injury or surgery
- Medication to thin your blood
- A blood clotting disorder
- Questions about the test

DURING YOUR TEST
- Keep your mask on until the tester asks you to take it off.
- The tester will use a long, thin, flexible swab to collect the sample.
- You will tilt your head back, if possible.
- The tester will place the swab through one nostril towards the back of your nose.
- The swab will be inside your nose for 10-15 seconds. The tester will turn the swab.
- The tester might place the swab in your other nostril if they do not get enough sample from your first nostril.
- You might feel discomfort during the test and your eyes might tear up, but you should not feel pain. Closing your eyes can help with discomfort.

AFTER YOUR TEST
- You might feel discomfort in your nose.
- You might have a nosebleed, but this is not common.
- If you were tested because you have COVID-19 symptoms or had close contact with someone with COVID-19, stay home while you wait for the result. People with a positive test have to stay home for 10 days after symptoms started or the positive test (if no symptoms). VDH recommends that people with close contact but no COVID-19 symptoms stay home for 14 days after their last exposure. If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier: 1) counting the date of last exposure as Day 0, you can leave home after Day 10 without testing, or 2) after Day 7 with a negative PCR or antigen test performed on or after Day 5. If you leave home early, you should watch for symptoms for 14 days and always follow COVID-19 prevention recommendations.
- If you have recovered from COVID-19 or been fully vaccinated for COVID-19, you might not need to stay home, but should still watch for symptoms for 14 days and continue to wear a mask, watch your distance, avoid crowds, and wash your hands. See www.vdh.virginia.gov/coronavirus/local-exposure/ for more info.