Nose or sinus problems
Tell the tester if you have any of the following.

- Medication to thin your blood
- A blood clotting disorder
- Questions about the test

**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 monitor your symptoms for 14 days and continue to wear a mask and watch your distance (with some **exceptions for fully vaccinated people**), avoid crowds, and wash your hands. See [www.vdh.virginia.gov/coronavirus/local-exposure/](http://www.vdh.virginia.gov/coronavirus/local-exposure/) for more information.