

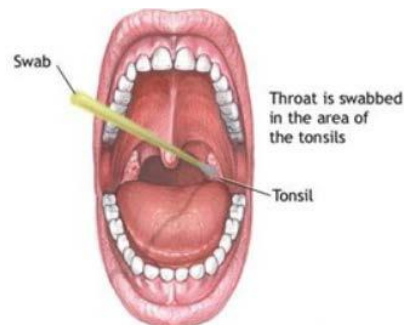
## Taking an oropharyngeal (throat swab) for COVID-19.

### Top Tips

- Where possible have 2 people available to support the process. The second support person should remain outside the room with the specimen bag or at least a 1 metre distance.
- Preferably do not perform the swab in a room with computer equipment. If this is unavoidable, cover the keyboard and mouse with plastic sheet.
- Explain to the patient what the procedure entails and that it might feel uncomfortable.
- **Note this is a viral throat swab not a bacterial throat swab** – either of the viral swabs in the photo below can be used.

### Steps

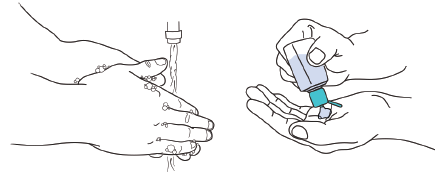
1. Complete the form including clinical details and stating 'for COVID-19 testing'. Put into the outside pocket of the specimen bag.
2. Label the specimen tube with patient details (Name, DOB and NHI, if possible).
3. Wash hands and put on PPE (See below for directions on how to put on PPE).
4. Position the patient seated with head tilted back slightly (car/room).
5. As far as possible, stand to one side (to protect yourself from possible cough).
6. Take throat swab by inserting the swab into the posterior pharynx and tonsillar areas.
7. Rub swab over both tonsillar pillars and the posterior oropharynx. Ensure the swab has gathered plenty of wet secretions.



8. Insert swab into the viral medium and break at breakpoint.
9. Replace cap, tighten to secure and place into specimen bag. To ensure the specimen bag is not contaminated it should either be held by the second support person outside the room, or it should be wiped with alcohol gel/foam.
10. Remove PPE correctly and wash hands (See below for directions on how to remove PPE).

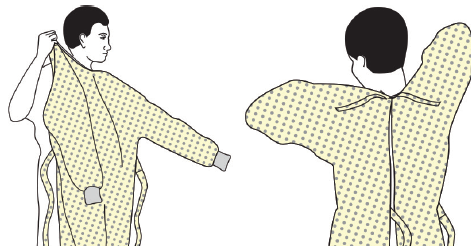
# How to PUT ON personal protective equipment (PPE)

- 1 WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITISER IMMEDIATELY BEFORE PUTTING ON ALL PPE**



**2 GOWN**

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back.
- Fasten at back of neck and waist.



**3 SURGICAL MASK**

- Secure ties or elastic bands at middle of head and neck.
- Fit flexible band to nose bridge.
- Fit snug to face and below chin.



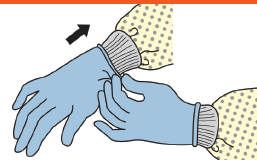
**4 EYE PROTECTION**

- Place over eyes and adjust to fit.



**5 GLOVES**

- Extend to cover wrist of gown.



## USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face.
- Change gloves when torn or heavily contaminated.
- Limit surfaces touched.
- Perform hand hygiene.

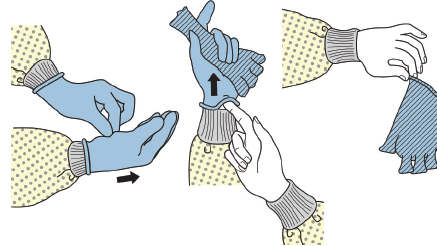
Content: Department of Health & Human Services, USA and Centres for Disease Control & Prevention

# How to safely REMOVE personal protective equipment (PPE)

*Move away from the patient as far as possible before removing PPE.*

## 1 GLOVES

- The outside of your gloves are contaminated! If your hands get contaminated during glove removal, immediately wash them or use an alcohol-based hand sanitiser.
- Use one gloved hand to grasp the palm area of the other gloved hand. Peel off first glove.
- Hold removed glove in gloved hand.
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove.
- Discard gloves in a clinical waste container.
- Perform hand hygiene.



## 2 EYE PROTECTION\*

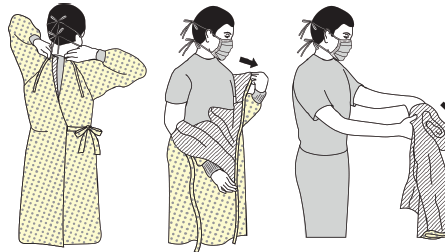
- The outside of your eye protection is contaminated! If your hands get contaminated during removal, immediately wash them or use an alcohol-based hand sanitiser.
- Remove eye protection from the back by lifting ear pieces.
- If the eye protection is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a clinical waste container.

\* If using integrated mask/eye protection, skip step 2.



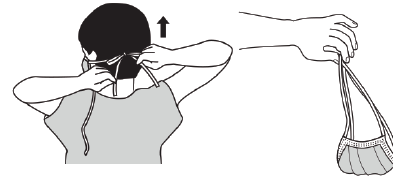
## 3 GOWN

- The outside of your gown front and sleeves are contaminated! If your hands get contaminated during gown removal, immediately wash them or use an alcohol-based hand sanitiser.
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties.
- Pull gown away from neck and shoulders, touching inside of gown only.
- Turn gown inside out.
- Fold or roll into a bundle and discard in a clinical waste container.
- Perform hand hygiene.



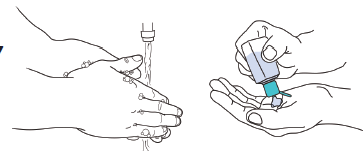
## 4 SURGICAL MASK

- The front of your mask is contaminated — **DO NOT TOUCH!** If your hands get contaminated during mask/respirator removal, immediately wash them or use an alcohol-based hand sanitiser.
- Grasp bottom ties or elastics of the mask, then the ones at the top, and remove without touching the front.
- Discard in a clinical waste container.



## 5 WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITISER IMMEDIATELY AFTER REMOVING ALL PPE

- Perform hand hygiene between steps if hands become contaminated and immediately after removing all PPE.



## 6 DISINFECTION OF ROOM

- Leave room closed and vacant after patient has left.
- Wear gown and gloves and wipe down all hard surfaces with virucidal disinfectant.
- Reusable eye protection should be cleaned with virucidal disinfectant.
- Medical equipment that has touched the patient must be wiped down with a virucidal disinfectant.
- Dispose of wiping agent in clinical waste container. Perform hand hygiene.