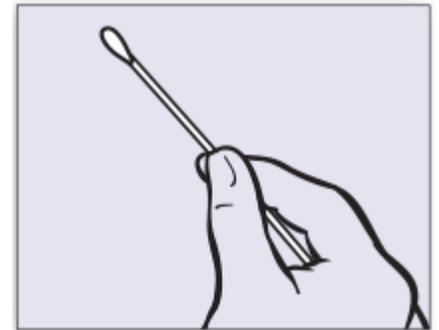
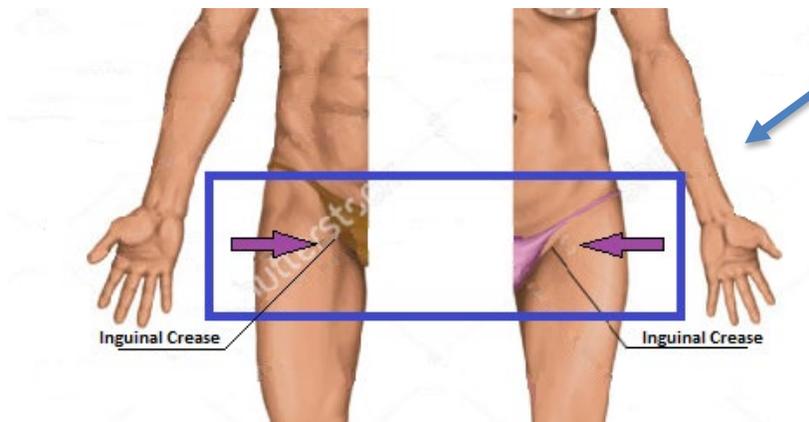


## MGH Antimicrobial Resistance Research Study

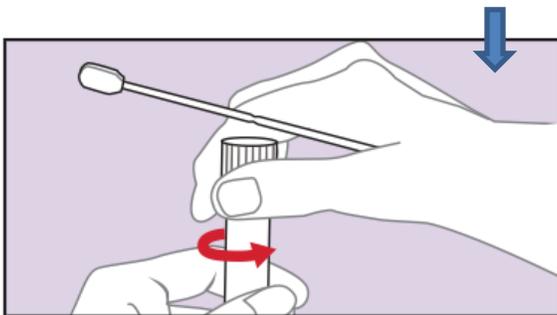
### Instructions for swab collection:

Prior to swabbing, make sure you have easy access to your axilla (armpits) and inguinal crease (groin) so you do not have to put the swab down between collections.

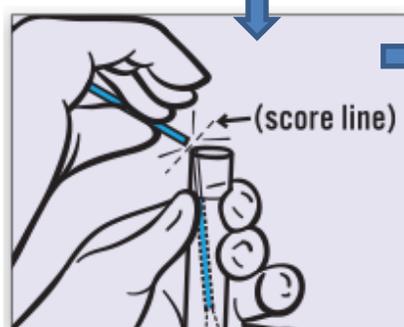
1. Carefully open the swab package while keeping the swab in place (avoid pressing on the soft tip of the swab).
2. Remove the enclosed tube while keeping the swab tip within the package to prevent contamination.
3. Set the tube aside for now.
4. **Axilla (armpit)** → Remove the swab from the package being careful not to let the soft tip touch anything (this is to prevent contamination of the sterile swab). The best place to swipe the swab across the skin is the fold where the arm meets the body. Gently swipe multiple sides of the swab across the skin about 5 times.
5. Repeat the above step in the opposite axilla (armpit).
6. **Inguinal crease (groin)** → Using the same swab, swipe across the skin surface in the hip area where the leg meets the pelvis. Swipe multiple sides of the swab across the skin about 5 times.



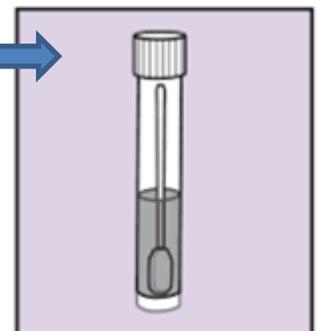
7. Repeat the above step in the opposite inguinal crease (groin).
8. While holding the swab in one hand, open the cap of the collection tube. Avoid contamination of the collection tube by placing the cap top-down on a clean surface.



9. Place the soft tip of the swab into the collection tube.
10. Snap the swab off at the marked area by pressing it against the edge of the collection tube. Discard the unneeded portion of the swab handle.



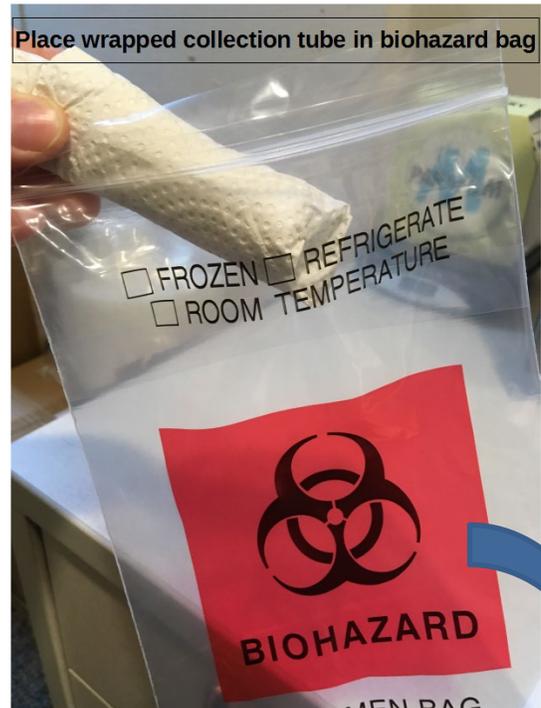
11. Place the cap back on the container. The broken swab end will fit into the center of the cap. It may take some adjusting to achieve the best fit.



12. Affix the provided label with your unique identifier to the container tube.
13. With the provided Sharpie, write the date and time on the container tube label. Do not write any of your identifying information on the label.



14. Wrap the collection tube in the provided paper towel and place inside the biohazard bag. Seal the bag well.



15. Place the biohazard bag inside the pre-paid, pre-addressed shipper box and mail from any U.S. Postal Service mailbox on the street or bring to your local post office. You do not need to pay for shipping!



Contact Elizabeth Oliver RN with any questions or concerns.  
Email: [eholiver@mgh.harvard.edu](mailto:eholiver@mgh.harvard.edu)  
Phone: 617-643-3677