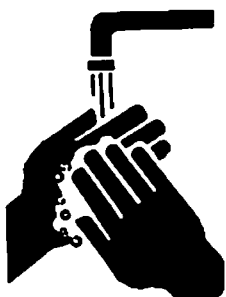


Taking a swab from your vagina

1. Take the cotton swab from the paper packet
2. Hold the swab at the black line and put the cotton end into your vagina (like a tampon). You can't go too far!
3. Rub the swab around for 10 seconds then take it out
4. Take the top off the yellow tube. Hold it upright and don't spill the watery liquid inside it!
5. Put the cotton end of the swab inside the tube, snap the stick at the black line, and screw the top back on tightly



Don't forget to wash your hands!

