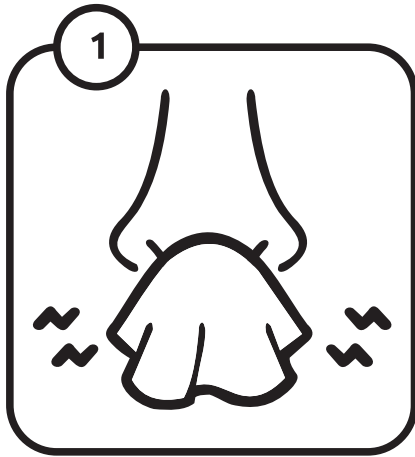
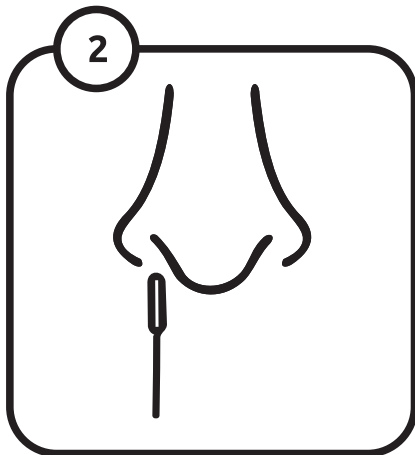


HOW TO USE IODINE NASAL SWABS

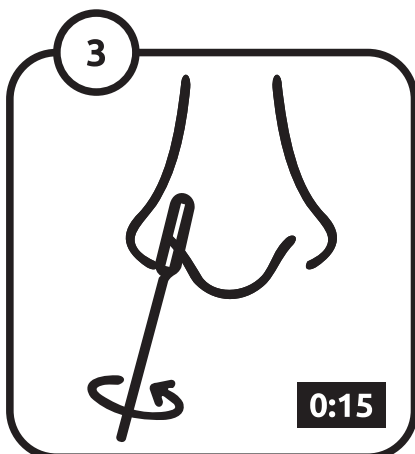
(Do not use if you have an allergy to iodine)



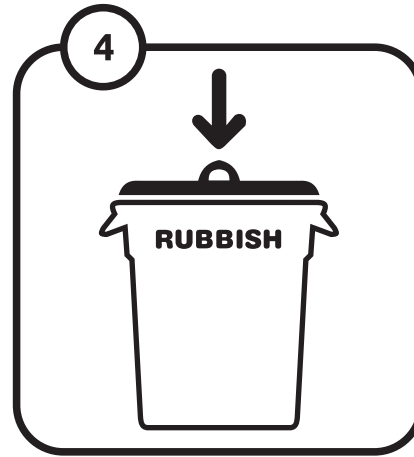
BLOW
Blow your nose
with a clean
tissue.



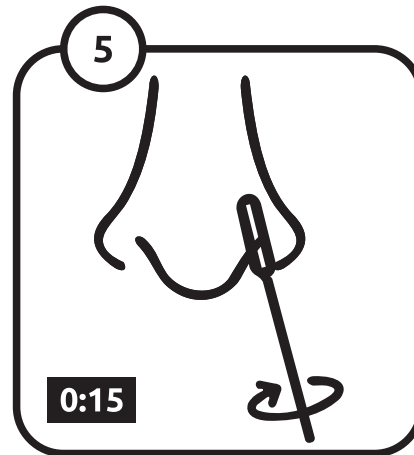
INSERT
Insert the first
swab into one
nostril



CLEAN
Slowly move in a
circular motion,
cleaning all
surfaces for
15 seconds



DISPOSE
Discard the swab



REPEAT
Repeat the
process using
the other swab
in the other
nostril

You may feel a slight stinging sensation which should ease within 10 minutes.

Avoid blowing your nose.

Discontinue if you experience an adverse reaction and advise your nurse on arrival.