



CASCADIA Study

Quick Start Guide

Thank you for your participation!

Please follow the steps in this guide to complete a "Symptom & Swabbing Survey" for yourself or a member of your household, and, if prompted, to collect a swab and return it to us for testing. Follow all steps carefully so that we can test the swab and provide each participant with their results.

If you have questions, please contact us. Contact information is included on the back of this guide.

Need help swabbing? Watch the how-to video at bit.ly/CascadiaResourcePage.



***Scan QR code to open swabbing
how-to video link***

**PLEASE READ THE ENTIRE GUIDE
BEFORE STARTING**

STEP 1: Fill out your survey

1. Find the email or text we sent you and click on the link to the **"Symptom & Swabbing Survey."**
2. Select the household member for whom you would like to fill out a survey. Every participant should fill out this survey once per week and any time they start having symptoms.
3. Answer all questions and, if prompted, continue to STEP 2 to schedule a pickup time and collect a nasal swab.

STEP 2: Schedule a swab pickup time and activate your swab kit

1. Follow the instructions in the survey to schedule a pickup time for the swab kit.
2. When you reach the question about the collection tube's barcode, check which animal is listed next to the household member's name in the survey.
3. Find a swab kit labeled with the corresponding animal sticker and open the box.
4. Take out the collection tube without removing the small lid on top.
5. Find the 8-character barcode on the side of the tube and type each character into your survey. This activates the kit for testing.
6. Make sure that the barcode you entered matches the barcode on the tube and the name shown is for the person having their nose swabbed.



**PLEASE READ THROUGH ALL THE INSTRUCTIONS
BEFORE COLLECTING YOUR SWAB.**

If you are at least 13 years old, you can self-collect your sample. If you are younger than 13 years old, a parent or guardian needs to collect your sample.

If you are swabbing someone else's nose:

- *The person being swabbed should be seated in a comfortable position*
- *Younger children can sit in another adult's lap, car seat, or highchair*
- *If needed, offer them a distraction (such as a toy or video)*
- *Follow the instructions below for completing the survey and collecting the swab*

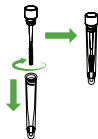
More tips for swabbing young children can be found online at bit.ly/CascadiaResourcePage



***Scan QR code for more tips
on swabbing children***

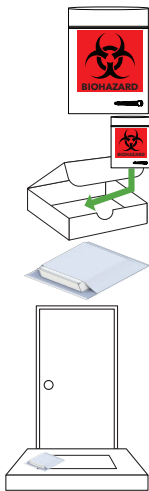
STEP 3: Collect a nasal swab

1. Blow your nose and wash your hands. If you are swabbing another person's nose for them, wash your own hands as well.
2. Remove and discard the small lid from the collection tube (you will no longer need this lid). Keep the collection tube in your hand while swabbing.
3. Carefully open the small plastic swab (the package peels open like a Band-Aid wrapper). Grab the swab by the cap without touching the collection end of the swab. **Do not touch the tip of the swab with your hands.**
4. Insert the tip of the swab into one nostril until pressure is felt in the nose. The swab should be placed just inside your nostril.
5. Rotate the swab around the inside of the nostril 3 times. Be sure you are making firm contact with the inside of your nose the entire time.
6. Gently slide the swab up and down against the inside of the nose 1 time.
7. Firmly hold the swab against the inside of the nostril for 10 seconds.
8. Repeat collection steps 4-7 in the other nostril, using the same swab.
9. Insert the completed swab into the open collection tube while still being careful to hold the swab by the cap.
10. Carefully screw the capped swab into the tube. Make sure the tube is closed tightly.



STEP 4: Package your swab kit & leave for pickup

1. Insert your completed sample tube into the **Biohazard Specimen Bag** and seal the zipper closure.
2. Wash your hands again after handling the tube.
3. Place the **Biohazard Specimen Bag** with your tube back into the box.
4. Place the closed box into the white prepaid return bag and seal it closed.
5. Before your scheduled pickup time, leave your kit in the area you listed when you signed up. (Check your confirmation email or text message for your pickup time)
6. Your kit will be picked up by a no-contact delivery person during your scheduled time.



STEP 5: Get results

Go to bit.ly/CascadiaResultsPortal. It may take up to 2-3 days for results to be available. You will need your barcode to check your results.



Scan QR code to open results link

IF YOU HAVE ANY QUESTIONS, CONTACT US

For questions about shipping:

Call 206-543-1923 or email uwcascadia@uw.edu

For general study questions,

Seattle-area participants:

Email uwcascadia@uw.edu or call 206-543-1923

Portland-area participants:

Email CHR_Cascadia@kpchr.org or call 503-335-6350

This study does not replace care from your doctor. If you get sick, call your healthcare provider.





CASCADIA Study

Swabbing Checklist

Use this checklist to complete all required swabbing steps and ensure you'll receive your results:

- ☐ Fill out your symptom survey via the link in your email or text message

If prompted to collect a nasal swab by the survey:

- ☐ Write down your barcode (or take a picture of it with your phone):
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- ☐ Activate your swab kit by entering the barcode into your survey.
You must activate your sample for it to be tested.

- ☐ Collect your nasal swab

- ☐ Prepare sample for return shipping: "Bag, Box, Bag"

- ☐ Check your email/text for your scheduled pick up time: _____

- ☐ Put kit outside for no-contact pick up

- ☐ Keep this card for your records and to remember your barcode

Need the full swabbing instructions? Check the Quick Start Guide included in your swab kit or go to bit.ly/CascadiaResourcePage.



Scan QR code to open full instructions