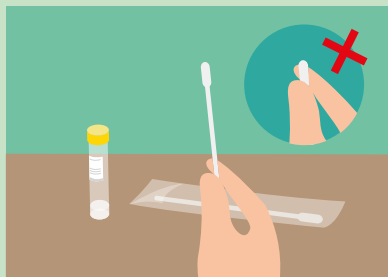


採集鼻腔和咽喉合併拭子樣本的程序

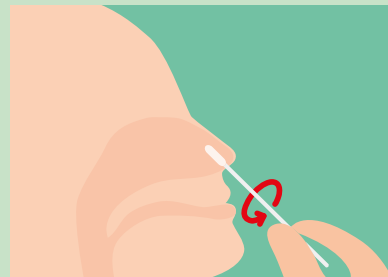
步驟（採集樣本前後都應以梘液及清水潔手最少二十秒；如雙手沒有明顯污垢時，可用含70至80%酒精的搓手液潔淨雙手）：



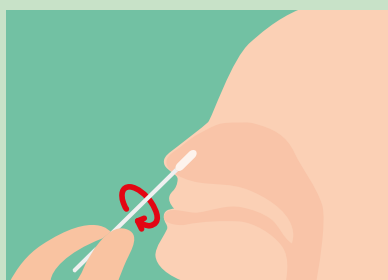
1. 從無菌包裝中取出拭子時應只拿著握桿。切勿觸摸拭子頭部（即採樣部份）。



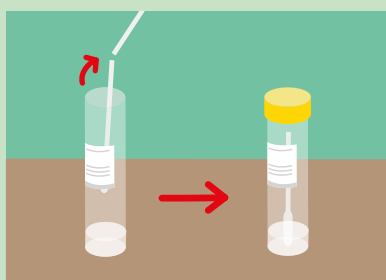
2. 頭部稍微向後傾以調正鼻道。



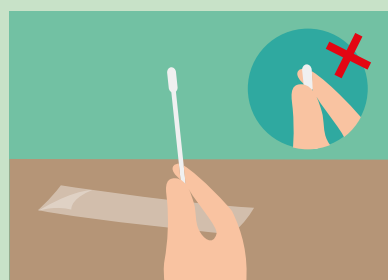
3. 將拭子以鼻樑平行的方向輕輕伸進鼻孔的1至2厘米深，或直至感到阻力。將拭子輕輕旋轉並停留10至15秒。將拭子退出時亦同時慢慢旋轉。



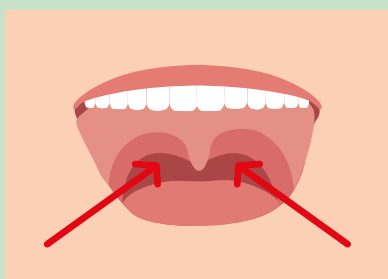
4. 以同一支拭子於另一個鼻孔採集樣本。



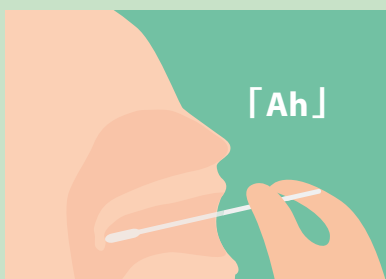
5. 在凹位把拭子折斷並將拭子頭部（即採樣部份）插進有保存液的樣本瓶內。



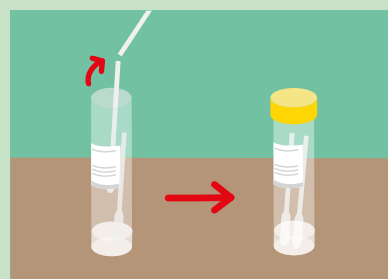
6. 取出另一支拭子時應只拿著握桿。切勿觸摸拭子頭部（即採樣部份）。



7. 面對鏡，頭微仰，張開口，用拭子伸入咽喉後部及扁桃腺位置。



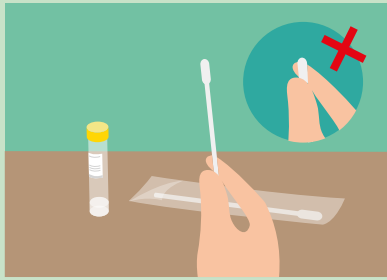
8. 發出「Ah」的聲音。然後將拭子在扁桃腺柱及口咽喉後部拭抹3次，避免觸碰到舌頭，牙齒及牙齦。



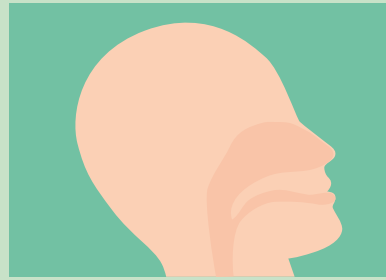
9. 在凹位把拭子折斷並將拭子頭部（即採樣部份）放進同一個樣本瓶內，擰緊瓶蓋以防止滲漏。確保資料已填妥在瓶上標籤。將樣本瓶放入樣本袋中，然後再放入第二個袋內，並將填好的表格放在外袋後，儘快送往化驗。

Procedure for collecting combined nasal and throat swabs

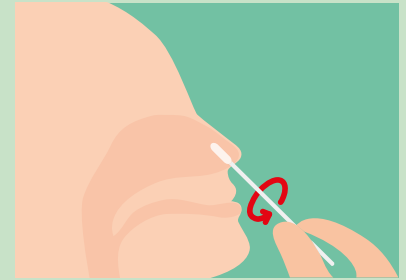
Steps (Clean hands thoroughly before and after collection of specimen by hand washing with liquid soap and water for at least 20 seconds; if hands are not visibly soiled, 70 to 80% alcohol-based handrub can be used as an alternative) :



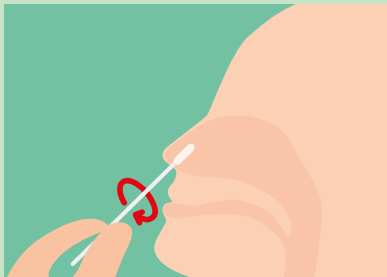
1. Take the swab from the sterile packet. Only hold the swab by the stalk. **DO NOT** touch the swab tip.



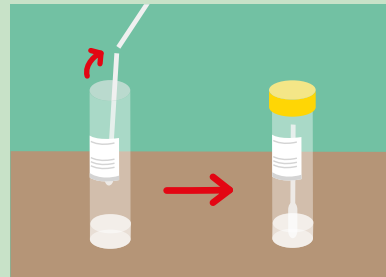
2. Tilt the head back slightly to straighten the nasal passage.



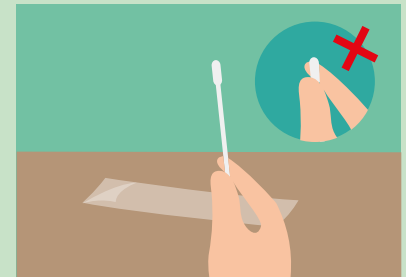
3. Gently insert the swab 1 to 2 cm inside the nostril parallel with the nose bridge, or until resistance is felt. Gently rotate the swab and leaving in place for 10 to 15 seconds. Slowly rotate as the swab is withdrawn.



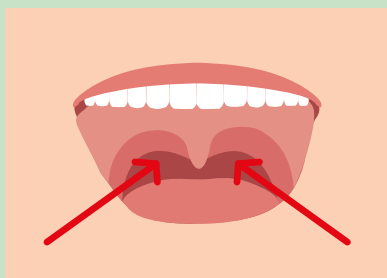
4. Sample the other nostril with same swab.



5. Break the swab stalk at the indentation mark, and put the swab tip into the bottle with pre-filled transport medium.



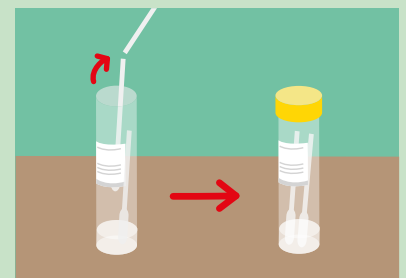
6. Take the other swab from the sterile packet. Only hold the swab by the stalk. **DO NOT** touch the swab tip.



7. Looking into a mirror with the head slightly tilted back, open the mouth and insert swab into the posterior pharynx and tonsillar areas.



8. Say "Ah", then rub the swab over both tonsillar pillars and posterior oropharynx for three times, and avoid touching the tongue, teeth, and gums.



9. Break the swab stalk at the indentation mark, and put the swab tip into the bottle with pre-filled transport medium. Screw tight the cap to avoid leakage. Make sure the particulars are all filled in on the bottle label. Put the specimen bottle in a zip-lock plastic bag with biohazard label and then into the 2nd bag. Put the completed request form in the outside pouch. The specimen should be sent for testing as soon as possible.