

PUBLIC HEALTH MANAGEMENT of ACUTE RESPIRATORY INFECTIONS (ARI) of Human Influenza of Zoonotic Origin - Chapter 3: Cases & Contacts (Human)



Figure 1: How to take a nose and throat swab

Storage and Collection: Store at room temperature unless told otherwise. Public Health will arrange collection after Day 8.

Children: A parent or guardian may assist. If swabbing cannot be completed, Public Health will advise enhanced symptom monitoring.



Surveillance and Sampling Tools

- **Swabbing Kits:** Instructions for self-administered nose/throat swabs.

These kits are used for asymptomatic individuals identified as moderate or high-risk contacts. Swabbing is coordinated by Regional Public Health Teams and processed by NVRL.

Instructions should include:

- **Kit contents:**
 - 3 swabs (for days 2, 5, and 8 post-exposure)
 - Inactivation buffer tubes
 - Biohazard bag
 - Instruction leaflet
- **Step-by-step guide (See Figure 1):**
 - Wash hands thoroughly before handling the kit.
 - Open swab and gently insert into one nostril, rotate for 10 seconds.
 - Repeat in the other nostril.
 - Use the same swab to swab the throat (tonsillar area), avoiding contact with tongue.
 - Place swab into buffer tube and seal.
 - Label with name, date, and swab number (e.g., Day 2).
 - Store in provided biohazard bag.
- **Collection:**
 - Regional Department of Public Health will arrange collection all swabs after Day 8.
 - Ensure all swabs are stored at room temperature unless otherwise instructed.
- **Contact:**
 - Include Regional Public Health contact details for support.

Note: Children are not routinely swabbed under this protocol. Special arrangements may be required for paediatric contact

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- **Specimen Request Forms:** For submission to NVRL can be located [here](#).
- **Daily Monitoring Log:** For active surveillance contacts