Sacramento County Public Health Self Swabbing Video Transcript

萨克拉曼多县公共卫生自助擦拭视频抄本

How to Use a Self-Swabbing Nasal Test for COVID-19

如何对COVID-19使用自擦鼻测试

Testing is an important step in slowing the spread of COVID-19.

测试是减慢COVID-19传播的重要一步。

Some Sacramento County COVID-19 testing sites use self-administered nasal swab tests that are free, simple, pain-free and just as accurate as other testing methods.

萨克拉曼多县的某些COVID-19测试站点使用自行管理的鼻拭子测试，这些测试免费，简单，无痛且与其他测试方法一样准确。

When you arrive at the testing site, you will check in for your appointment

到达测试站点时，您将签入您的约会

You will be handed a testing kit that includes a test tube with cap and swab to collect your own nasal sample.

您将得到一个测试套件，其中包括一个带盖和拭子的试管，以收集您自己的鼻样本。

Under the direction of site personnel, you will be guided to remove the swab from the wrapping, being careful not to touch the soft tip.

在现场人员的指导下，将指导您从包装中取出棉签，请注意不要触摸软尖。

Put the soft tip into your right nostril and insert only one inch – that's about the length of a small paper clip or an adult's thumb nail.

将软尖插入您的右鼻孔，仅插入一英寸，大约是一个小纸夹或一个成年人的拇指指甲的长度。

Slowly rotate the swap in a circular pattern inside of your nostril at least four times. Then, gently remove the swab from your nostril.

慢慢地将交换器以圆形图案旋转到鼻孔内至少四次。然后，轻轻地从鼻孔中取出拭子。

Using your swab, repeat the same swabbing steps in your left nostril.

用棉签在左鼻孔重复同样的擦拭步骤。

That was easy - wasn't it!

那很容易-不是！

Now, hold the test tube and place the swab in to the tube. The swab is long, so break off the end of swab at the break line. Place the cap onto the tube. Ensure that the cap is secured tightly.

现在，握住试管并将棉签放入试管中。拭子很长，因此请在中断线处将拭子的末端折断。将盖子放到试管上。确保盖子牢固固定。

Place the capped test tube in to the bag provide in your kit – and seal the bag.
将带盖的试管放入试剂盒中提供的袋子中，然后密封袋子。

Place the test kit bag into the collection box and dispose of the swab wrapping.
将测试包袋放入收集盒中，并丢弃拭子包装。

You are done with your self-swabbing COVID-19 test!
您完成了自拍式COVID-19测试！

Using the contact information you provided at your appointment, you will receive your test results within 3 days.
使用您在约会时提供的联系信息，您将在3天内收到测试结果。

If you test positive, you will be provided additional information.
如果您测试呈阳性，将为您提供其他信息。

If you test negative, this does not mean you can't get the virus or that between the time you provided your sample and getting the results that you weren't exposed to the virus. It is vital that you continue to not gather with non-household members, and when in public spaces, always wear your facemask and maintain at least 6 feet from others.
如果测试结果为阴性，则并不意味着您无法感染该病毒，也不意味着您在提供样本之前到获得未暴露于该病毒的结果之间都无法获得该病毒。至关重要的是，不要继续与非住户成员聚会，在公共场所时，请始终戴好口罩并与他人保持至少6英尺的距离。

Thank you for doing your part to protect your community!
感谢您为保护社区所做的贡献！

Social Media Graphics
社交媒体图形

1. Have you heard that our COVID-19 testing sites now have self-swabbing tests? These tests are free, simple, pain-free and just as accurate as other testing methods. To learn more about how to self-test, check out this link from *<insert link>.*

1.您是否听说过我们的COVID-19测试站点现在进行自交换测试？这些测试是免费，简单，无痛苦的，并且与其他测试方法一样准确。要了解有关如何进行自我测试的更多信息，请从"<插入链接>"中检出此链接。

2. SacCounty is now offering COVID-19 nasal-self swab tests at our testing sites. These tests are more comfortable, you can do it yourself and a healthcare professional will be watching to make sure you do it correctly. Get more details on the new testing method here: *<insert link>.*

2. SacCounty现在在我们的测试站点提供COVID-19鼻自我拭子测试。这些测试更舒适，您可以自己进行，医护人员会注意确保您正确进行。在此处获取有关新测试方法的更多详细信息：<插入链接>。

3. SacCounty testing sites are offering the nasal self-swab test which provides accurate results without the discomfort. Learn more: *<insert link>.*

3. SacCounty测试站点提供了鼻部自拭测试，可提供准确的结果而不会造成不适。了解更多信息：<插入链接>。

4. The COVID-19 nasal self-swab testing method is less invasive and is safer for both individuals and healthcare professionals. SacCounty is excited to offer this innovative form of testing. Learn more: *<insert link>.*

4. COVID-19鼻自拭测试方法侵入性较小，对个人和医疗保健专业人员而言都更安全。 SacCounty很高兴提供这种创新的测试形式。了解更多信息：<插入链接>。

5. Starting January 18, SacCounty will offer COVID-19 nasal self-swab testing. These tests are less invasive and help protect our healthcare workers. Learn more: *<insert link>.*

5.从1月18日开始，SacCounty将提供COVID-19鼻自拭测试。这些测试的侵入性较小，有助于保护我们的医护人员。了解更多信息：<插入链接>。

6. Self-swabbing COVID-19 tests can play a pivotal role in increasing testing access and we are excited to now offer this type of testing. Learn more: *<insert link>.*

6.自交换式COVID-19测试可以在增加测试访问量方面发挥关键作用，我们很高兴现在提供这种类型的测试。了解更多信息：<插入链接>。

7. Offering COVID-19 nasal self-swab testing will improve efficiency and protect healthcare workers. Learn more: *<insert link>.*

7.提供COVID-19鼻自拭测试将提高效率并保护医护人员。了解更多信息：<插入链接>。

8. When taking a COVID-19 nasal self-swab test at one of our testing sites, a healthcare professional will be monitoring to make sure you are taking the test correctly, it is as easy as 1-2-3! Learn more: *<insert link>.*

8.在我们的其中一个测试地点进行COVID-19鼻自拭测试时，医护人员将进行监控以确保您正确地进行了测试，就像1-2-3一样简单！了解更多信息：<插入链接>。

9. COVID-19 nasal self-swab tests are less-invasive, reduces exposure for health care workers, and preserves personal protective equipment. It's a win, win, win to self-test! Learn more: *<insert link>.*

9. COVID-19鼻自拭测试的侵入性较小，可减少医护人员的暴露并保留个人防护设备。这是一场胜利，一场胜利，一场自我测试！了解更多信息：<插入链接>。

10. SacCounty is now offering COVID-19 nasal-self swab tests at our testing sites, if you are bringing a child under the age of 13, you can test them yourself under the guidance of a healthcare worker. Learn more: *<insert link>.*

10. SacCounty现在在我们的测试站点提供COVID-19鼻自我棉签测试，如果您要带一个13岁以下的孩子，您可以在医护人员的指导下自己进行测试。了解更多信息：<插入链接>。