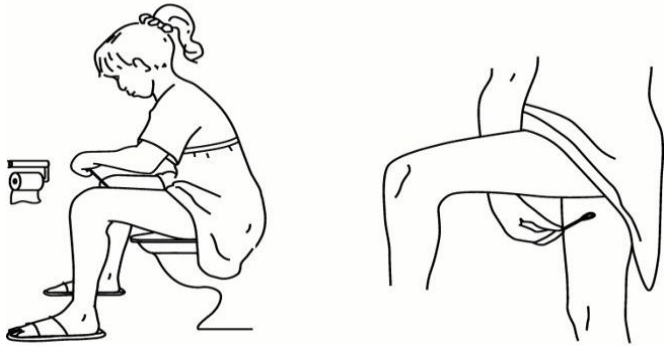


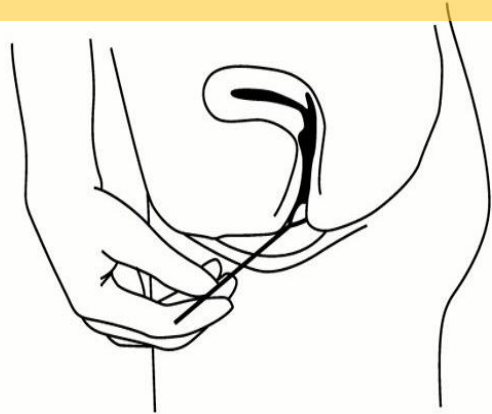
## Self-taken vulvo-vaginal swab: how to take the test



Find a comfortable position to insert the swab into your vagina.



Point the end of the swab at your vaginal opening and gently insert it into the vagina.



Twirl the swab for about 5 seconds making sure it touches the inside of the vagina.

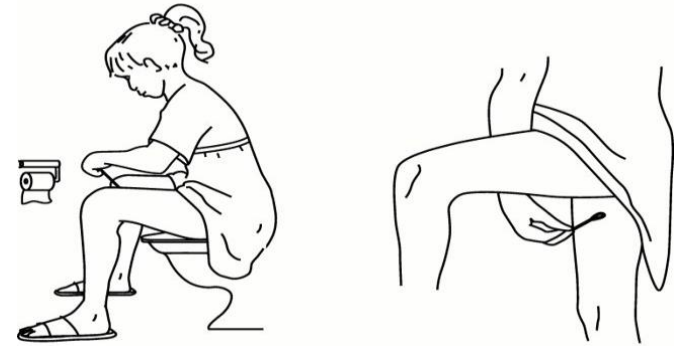
As you take it out pull it forward so it goes near where you pee.

Put the swab in the tube.

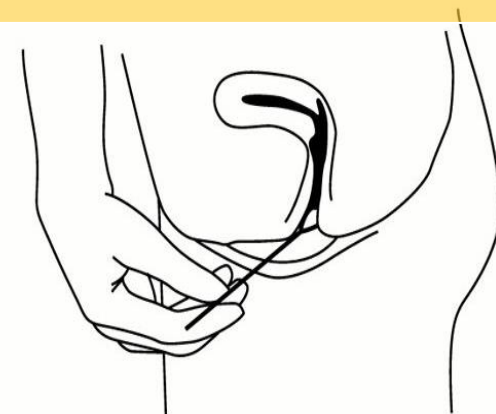
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