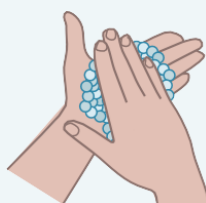
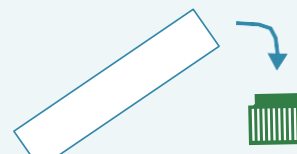


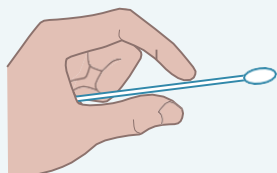
Efetuar um auto-esfregaço combinado da garganta e nariz



1.º PASSO
Desinfetar as mãos



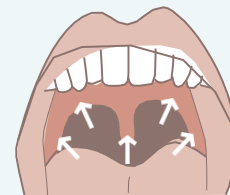
2.º PASSO
Tirar a tampa do frasco e colocar numa superfície plana



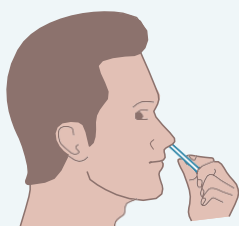
3.º PASSO
Tirar a zaragatoa da saqueta



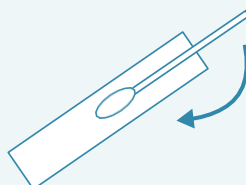
4.º PASSO
Colocar-se perante um espelho



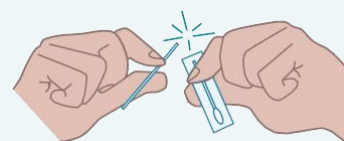
5.º PASSO
Efetuar um esfregaço na parte posterior da garganta



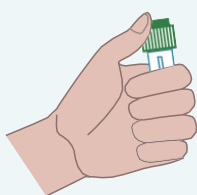
6.º PASSO
Efetuar um esfregaço em ambas as narinas



7.º PASSO
Colocar a zaragatoa no frasco



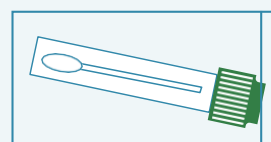
8.º PASSO
Partir ao meio



9.º PASSO
Apertar bem a tampa do frasco



10.º PASSO
Digitalizar o frasco



11.º PASSO
Colocar no saco fornecido e entregar

