

# Instructions for your self-collected samples: ILLNESS SAMPLES

## Each kit contains:

- 1 Biohazard bag with absorbent pad
- 1 Roll of tape

## Materials for saliva collection:

- 1 Funnel with cap (saliva tube inside)
- 1 Screw on cap for saliva tube

## Materials for collecting the yellow cap nasal swab:

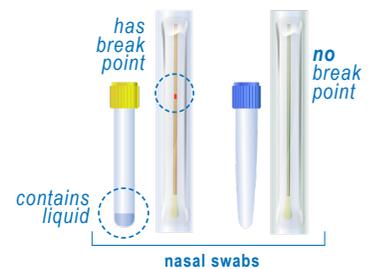
- 1 Flocked collection swab
- 1 Collection tube with yellow cap containing liquid

## Materials for collecting the blue cap nasal swab:

- 1 Foam tipped applicator (swab)
- 1 Dry collection tube with blue cap

- ✓ Blow your nose.
  - ✓ Wash your hands.
  - ✓ Avoid eating, using tobacco products, or brushing your teeth for about 30 minutes prior to collecting saliva.

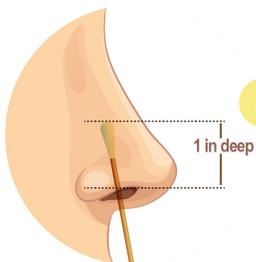
- Lay out the pieces of the kit in front of you. **Note** that you will be collecting two types of swabs, which will then go into two different tubes.



## Follow steps 3-7 to collect the nasal swabs

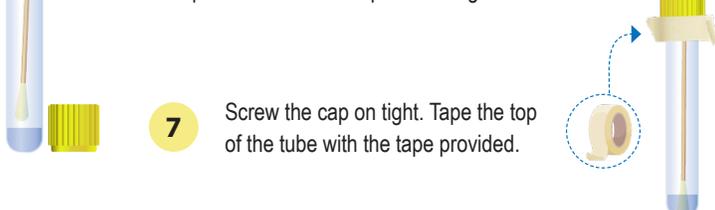
- You will collect both nasal swabs the same way. Start with the swab that goes into the yellow capped tube that includes liquid. Then repeat the steps below for the swab that goes into the blue capped tube that does not contain any liquid.

- Remove the cap from the tube and put it in a cup so it stays upright. Take the swab out. Do not touch the tip or place it on any surface since that can contaminate it.



- Insert the swab tip into your nostril about one inch deep. Rotate it gently around the inside walls of your nostril several times. Then, insert the same swab into your other nostril and rotate it again.

- Put the swab into the appropriate tube with the tip facing downward. Bend the handle at the breakpoint until it snaps and discard the swab handle. **Note:** The swab going into the blue capped tube does not have a breakpoint but will break upon bending.



- Screw the cap on tight. Tape the top of the tube with the tape provided.

Now repeat with the other swab.

## Follow steps 8 – 11 to collect a saliva sample

- Unscrew the cap from the saliva collection tube. Push the funnel into the top of the tube until it fits snugly.

- Spit into the funnel until saliva reaches the fill line.

- Remove the funnel and discard it.

- Tightly screw the cap back on the saliva tube. Tape the top of the tube with the tape provided.

- Place the 3 taped sample tubes into the biohazard specimen bag with the absorbent sheet (already in the bag) and seal the bag. Wash your hands.



- Answer the 2 questions on the front of the biohazard bag.

- Follow the instructions on the packaging and shipping guidance provided in your kit.