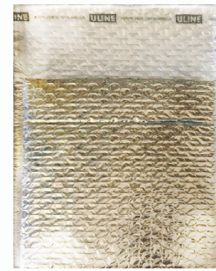


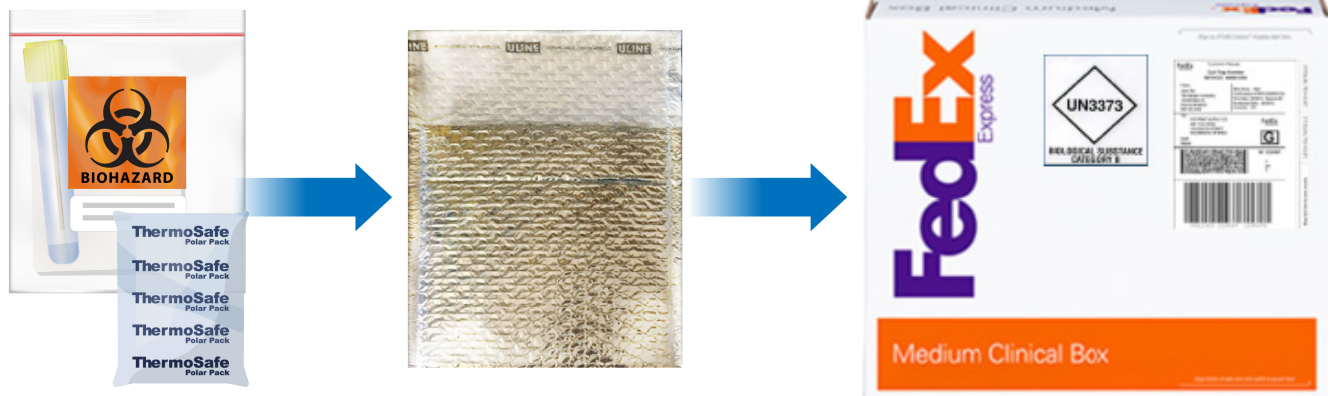
Instructions for Packaging and Shipping your self collected samples: WEEKLY SAMPLES

Materials for Shipping:

- 1 Gel pack to keep frozen until needed
- 1 Bubble envelope
- 1 FedEx Clinical Box
- 1 Biohazard bag containing samples



- 1 Place the sealed biohazard bag at the bottom of the bubble envelope, then add the frozen gel pack. Remove the adhesive tape from the bubble envelope and seal it.



- 2 Place the bubble envelope into the FedEx Clinical box and seal. Wipe down the pack with a disinfectant wipe.
- 3 Find a convenient FedEx drop box location by visiting the following website: <https://fedex.com/labreturns> (These shipments will not be accepted over the counter at FedEx Office)
- 4 Drop off your laboratory pack containing the specimen to the local FedEx location for shipping prior to the scheduled pick up time on your surveillance day (same day as collection).
- 5 If you have any questions about shipping and/or need additional lab specimen supplies, please contact our study staff. Please contact us by email jenna.praggastis@utah.edu, sarang.yoon@hsc.utah.edu, or by text message.