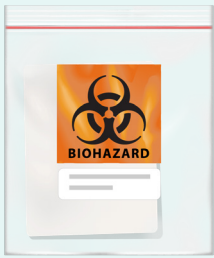


# Instructions for your self-collected samples: WEEKLY SAMPLES



## Each kit contains:

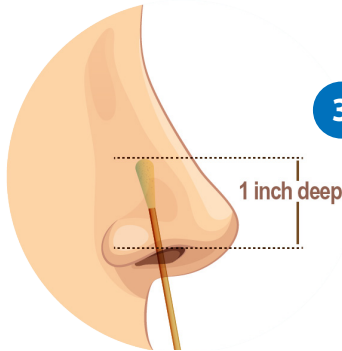
- 1 Biohazard bag with absorbent pad
- 1 Roll of tape



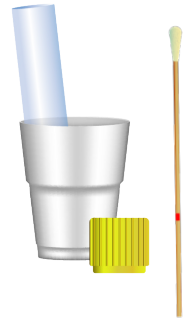
## Materials for collecting the nasal swab:

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

- 1
  - ✓ Blow your nose.
  - ✓ Wash your hands.
  - ✓ Lay out the pieces of the kit in front of you.

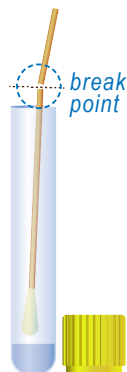


- 2 Remove the cap from the tube and put it in a cup so it stays upright. Take the swab out. Do not touch the tip or place it on any surface since that can contaminate it.

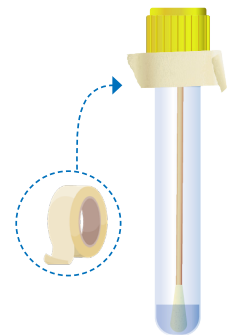


- 3 Insert the swab tip into your nostril about one inch deep. Rotate it gently around the inside walls of your nostril several times. Then, insert the same swab into your other nostril and rotate it again.

- 4 Put the swab into the tube with the tip facing downward. Bend the handle at the breakpoint until it snaps. Discard the swab handle.



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



- 6 Place the taped sample tube into the biohazard specimen bag with the absorbent sheet (already inside) and seal the bag. Wash your hands.



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



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