

# SAMPLE COLLECTION INSTRUCTIONS

## YOUR KIT INCLUDES



## STEP 1: SET UP THE KIT

**1.1 PLACE ALL THE CONTENTS** of the kit on a clean dry surface. Do not open the swab packing yet.

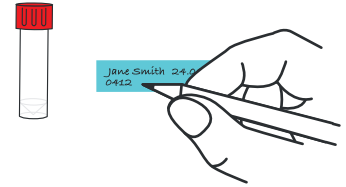


Please ensure you have a clock, watch or phone nearby.

**1.2 CLEAN YOUR HANDS**  
Apply hand sanitizer, wash your hands thoroughly or use the alcohol wipe provided.  
*Discard the alcohol wipe.*

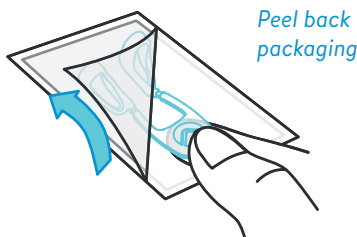


**1.3** Use a permanent marker to **FILL IN TWO ID STICKERS WITH THE REQUESTED DATA.** Then stick one completed ID sticker onto the tube.



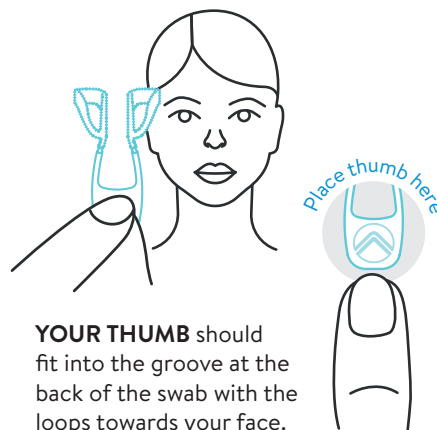
## STEP 2: COLLECT THE SAMPLE

**2.1 TOUCHING ONLY THE HANDLE**, remove the swab out of its packaging.



**IF YOU TOUCH THE LOOPS OR DROP THE SWAB**, please dispose of carefully in the refuse bag and request a replacement.

**2.2 HOLD THE SWAB** by the handle between your forefinger and thumb.



**YOUR THUMB** should fit into the groove at the back of the swab with the loops towards your face.

**2.3 POSITION THE SWAB UNDER YOUR NOSE.**



**YOUR THUMB NAIL** should be facing your lips.

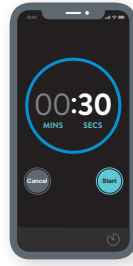
**2.4 INSERT THE SWAB INTO YOUR NOSE** by placing the loops in first and gently pushing the swab in as far as is comfortable (about 2-3 cms or 1 inch). Tilt the handle of the swab upwards as you insert it so that the loops wrap up and around the inside of your nostrils.



The handle will sit outside your nose.

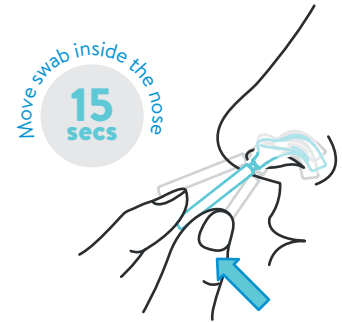


**2.5 SET TIMER FOR 30 SECONDS** and breathe normally through your nose.



Set timer for 30 SECS

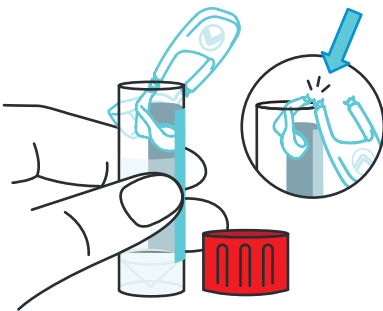
**2.6 AFTER 15 SECONDS,** move the swab inside the nose for **15 seconds** with moderate pressure making sure the loops make continual contact with the inside of your nose.



## STEP 3: PACKAGE THE SAMPLE

**3.1 BREAK BOTH LOOPS INTO THE TUBE ONE AT A TIME.**

First remove the cap from the tube and then take the swab out of your nose. Holding the tube firmly in one hand and the swab in the other, insert one loop at a time into the tube and snap off at the break line.



Do this by bending the swab arm against the edge of the tube at the break line.

**3.2 SCREW THE CAP BACK TIGHTLY ON THE TUBE** ensuring it is tightly sealed so the liquid does not leak.



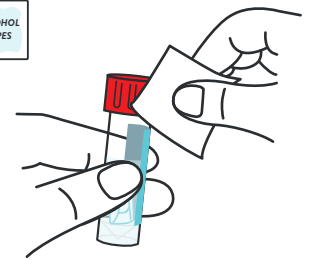
SHAKE THE TUBE GENTLY A FEW TIMES

Put the swab handle in the refuse bag and discard.



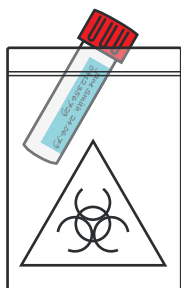
**3.3 USE AN ALCOHOL WIPE** to sanitize around the top of the tube.

ALCOHOL WIPES



**3.4 PLACE THE TUBE INTO THE BIOHAZARD BAG** and sanitize the bag.

Discard the alcohol wipe.



**3.5 CLEAN YOUR HANDS**

Apply hand sanitizer, wash your hands thoroughly or use the alcohol wipe provided.

Discard the alcohol wipe.



## STEP 4: RETURN THE SAMPLE

Please follow the instructions to return the sample to the relevant testing center.



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