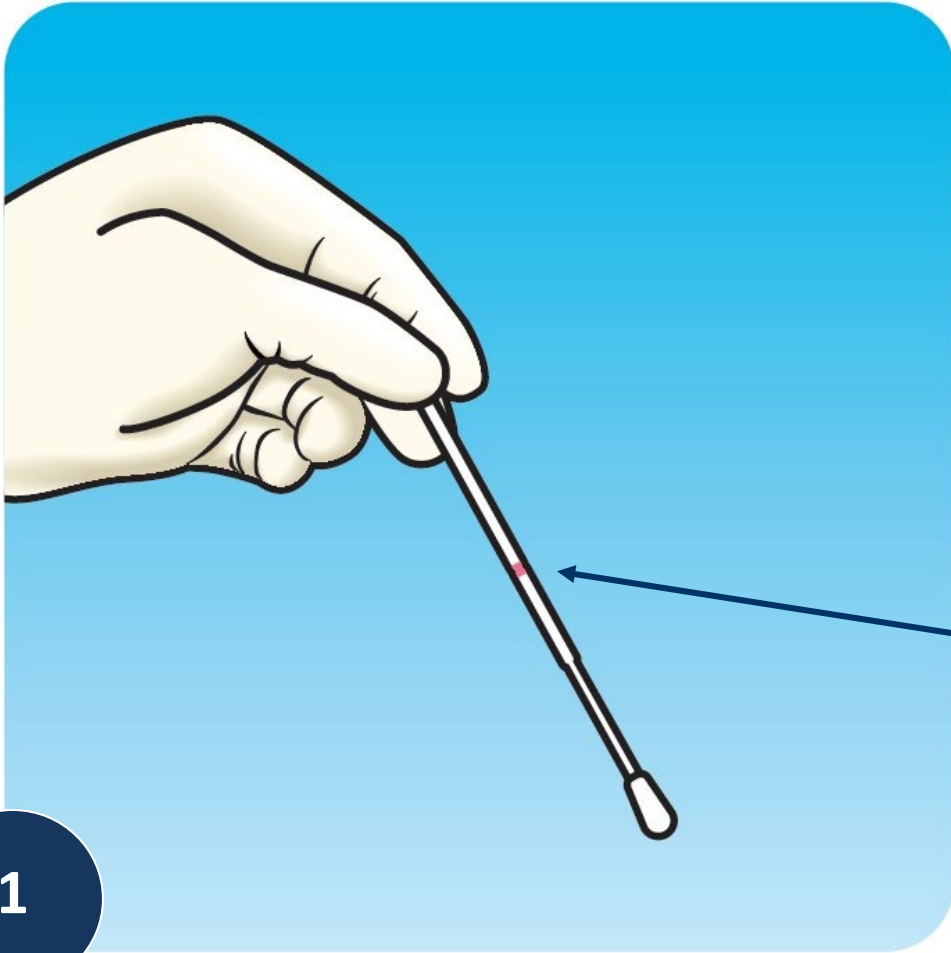

What to expect for your COVID-19 Self-Swab Test

Here's
what's in
your test kit:

- Swab (1)
- Tube of **medium** (1)





STEP 1:

Remove the swab from its packaging, holding by the end of applicator.

Identify the swab breaking point.

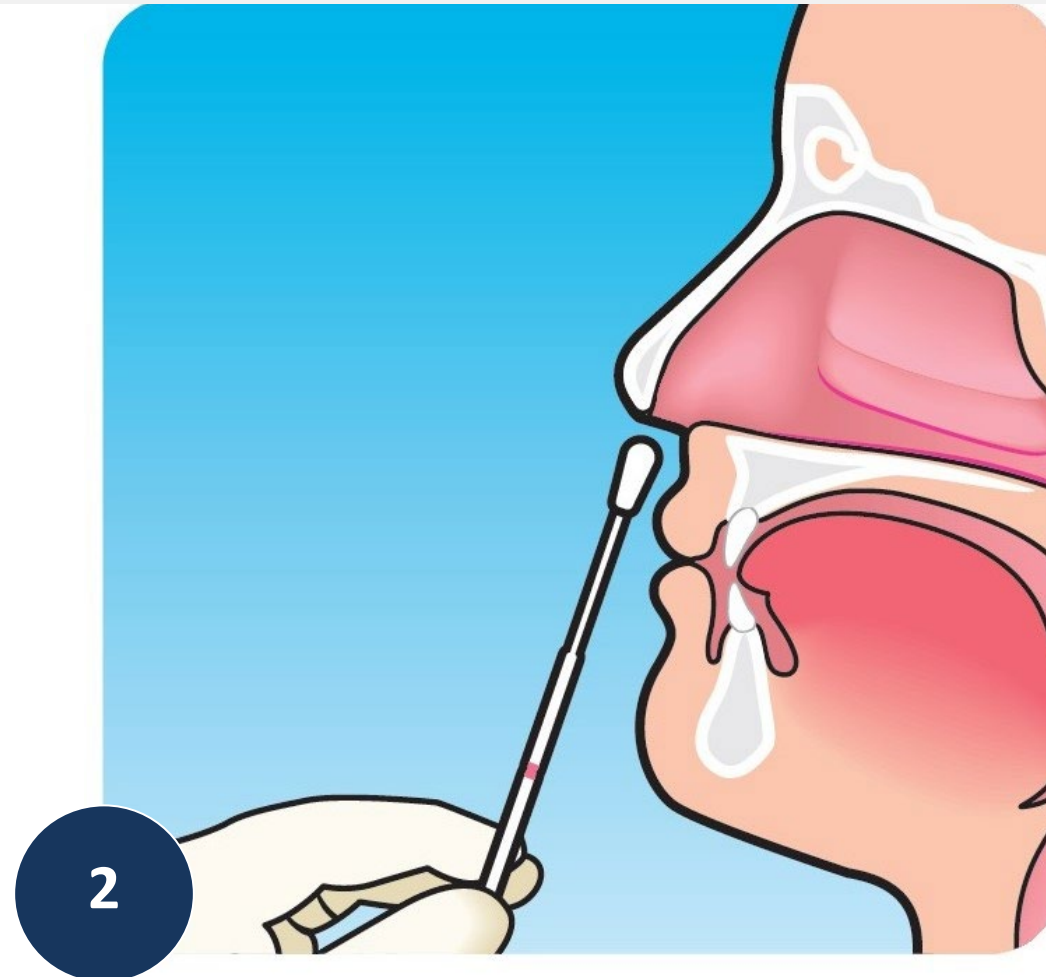
1

PLEASE NOTE: *Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.*

STEP 2:

Tilt your head back slightly and insert swab into the LEFT nostril.

Gently push the swab until a light resistance is met (less than one inch into the nostril).

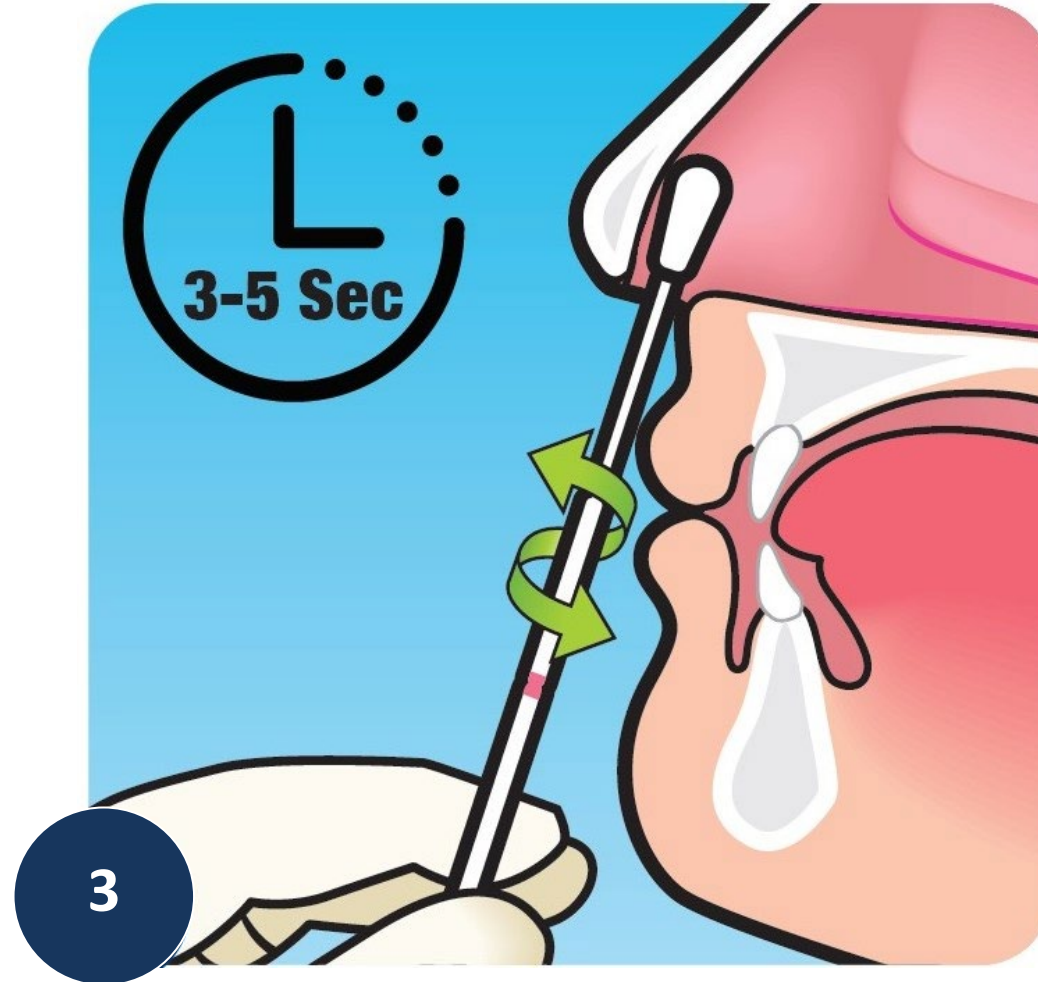


PLEASE NOTE: *Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.*

STEP 3:

When swab is in place, rotate in a circular motion for 3-5 seconds.

Remove the swab from nostril and repeat steps on RIGHT nostril, removing the swab when finished.

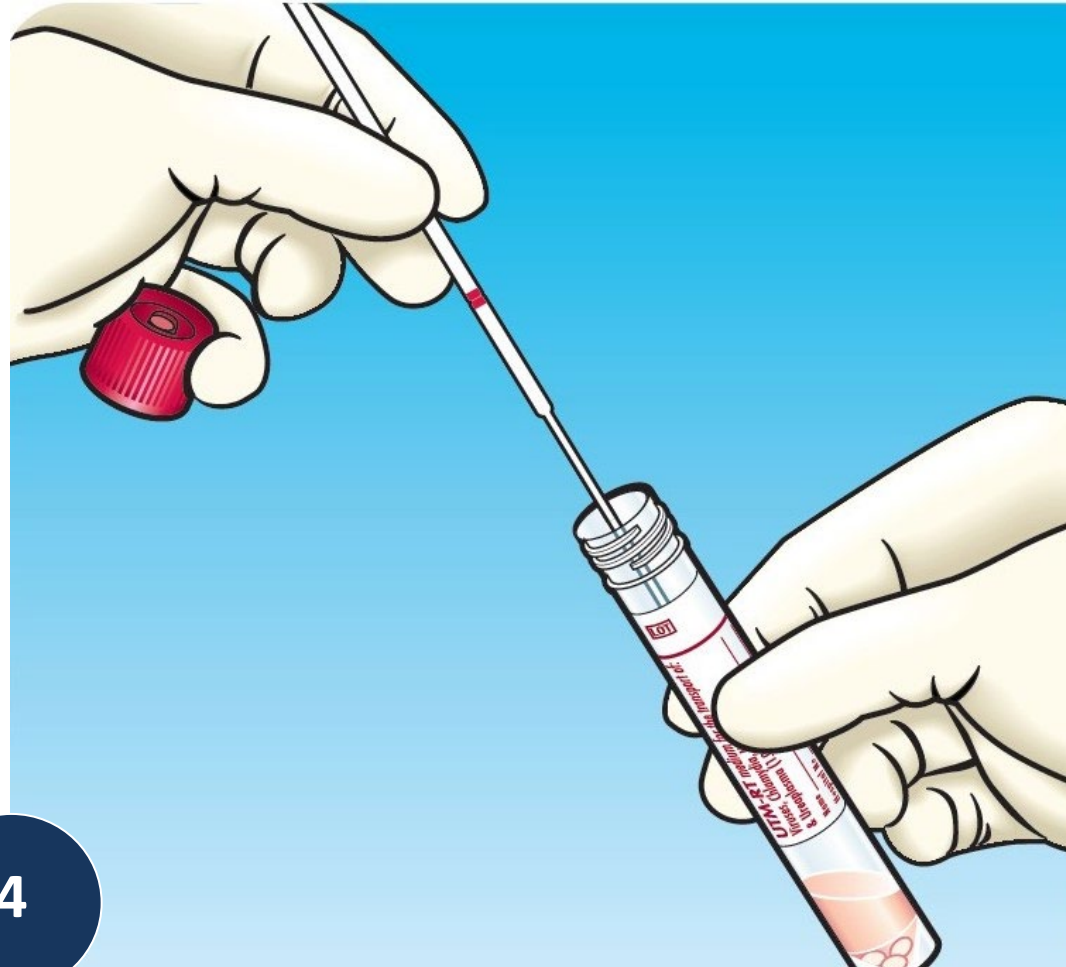


PLEASE NOTE: Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.

STEP 4:

While holding the swab, **remove the cap** from the tube.

- Insert the swab into the tube, continuing to hold by the handle.

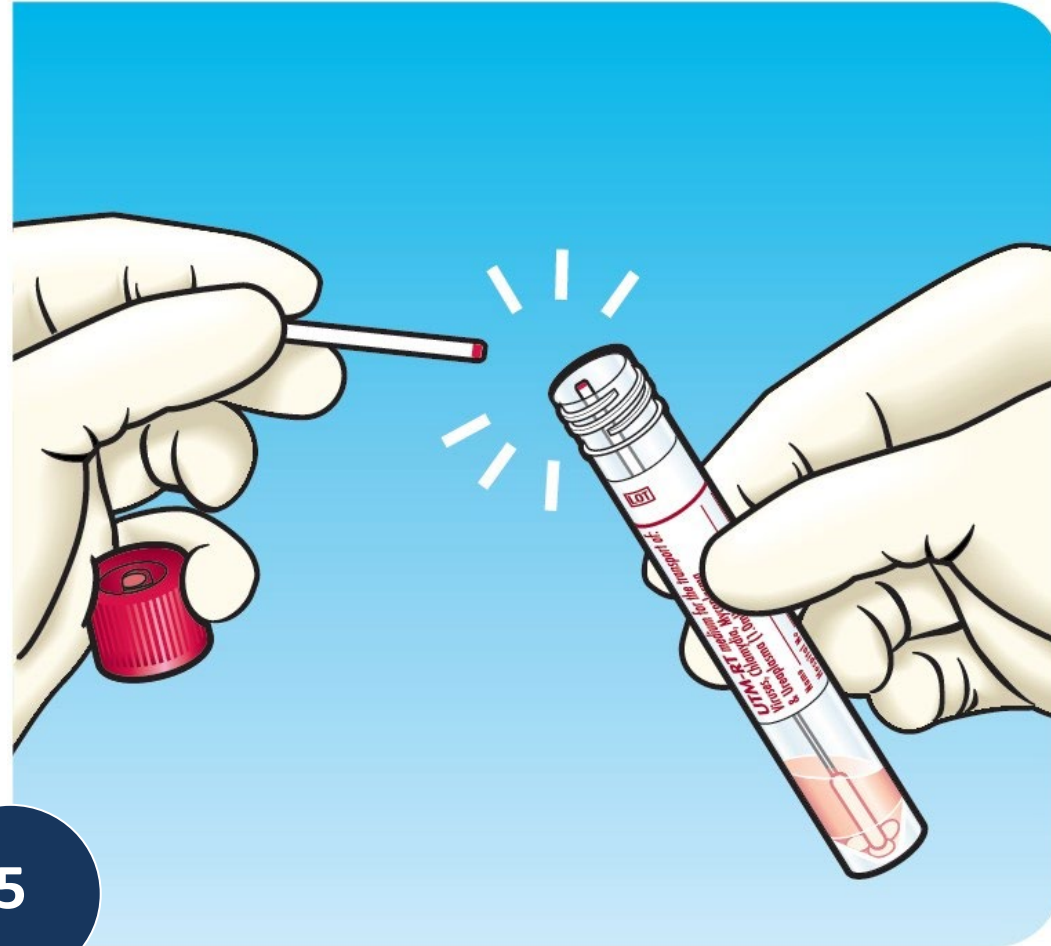


4

PLEASE NOTE: Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.

STEP 5:

Break the swab at the break point, throw the swab handle in your personal garbage and re-cap the tube.



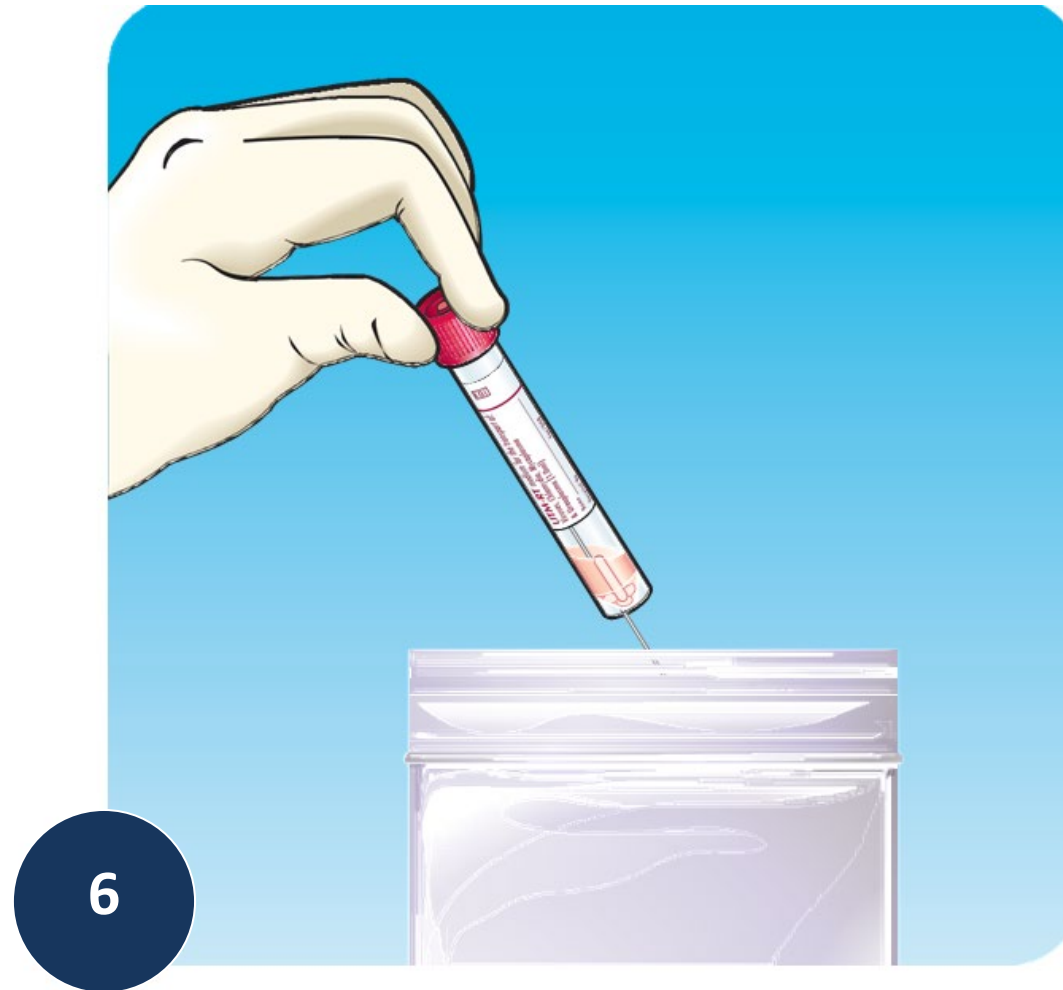
5

PLEASE NOTE: Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.

STEP 6:

Place Tube in the specimen bag.

Make sure specimen bag is sealed, then drop bag into collection box.



PLEASE NOTE: Specific instructions on the test and packaging of specimen may vary somewhat by location. Always follow the instructions given by site staff at the time of your test.

That's it! You're all finished. Wash your hands with soap and water or use hand sanitizer as soon as you are able.

