

NASAL SPECIMEN COLLECTION KIT INSTRUCTIONS

Please carefully read all instructions. Failure to follow instructions may lead to incorrect results. For complete details and tips for best results when collecting your specimen, please watch our video at testandgo.com/testandgo-tests

Questions: Contact us at testandgo.com or call (800) 402-0000.

STOP! BEFORE RETURNING KIT, CONFIRM:

- ✓ Use your mobile device to scan the QR code on the tube label sticker in the box. Complete the questions on your device to activate the kit. You must complete this step to receive a result
- ✓ Write date of birth and initials on the tube label sticker and place sticker on the tube lengthwise.
- ✓ Swab both nostrils and place the swab inside the tube. Seal the tube closed and place it in the specimen bag.
- ✓ Return the specimen on the same day it is collected.

KIT CONTENTS



KIT PACKAGE



SWAB



TUBE



SPECIMEN BAG WITH ABSORBENT PAD



LABEL WITH QR CODE



SANITIZER WIPES



PEN

KIT INSTRUCTIONS

1 Activate Kit

Scan the QR Code on the tube label in the kit. If you cannot scan the label, call our helpline to complete this step: 800-402-0000.



2 Fill out label

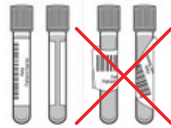
The lab can only process the specimen if the correct information is written on the label.

- Write the **initials** and **date of birth** of the person being tested on the tube label.



3 Place label on tube

Place label on the tube as shown.



4 Blow nose and clean hands

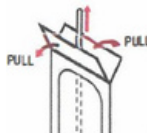
A clear nose and clean hands are important to obtain a good specimen

- Using a clean tissue, gently blow nose and remove any debris to clear both nostrils. If around other people, blow nose in a private area.
- Anyone touching supplies must clean their hands. Use sanitizer/wipe or wash hands with soap and warm water for 20 seconds and dry them thoroughly with a clean towel.



5 Open nasal swab package

Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart (like you would open a band-aid). Be careful to **only touch the swab handle, not the tip.**



6 Swab both nostrils

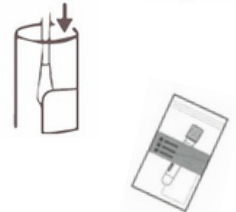
Note: Children under 16 years of age should be swabbed by an adult.

- Gently insert the entire soft tip of the swab into one nostril until you feel a bit of resistance.
- Insert less than 1 inch into the nostril for adults and less than 1/2 an inch for younger children.
- Using medium pressure, rub the swab slowly in a circular motion around the inside wall of the nostril five times.
- The swab tip should be touching the inside wall of the nostril through each rotation.
- Repeat the same process with the same swab in the other nostril.



7 Put swab in tube

- While holding the swab, open the tube.
- Put the swab tip first into the tube.
- Screw the cap back onto the tube tightly.
- Leave the white pad in the bag.
- Place the tube in the specimen bag and close the bag securely.



8 Clean hands

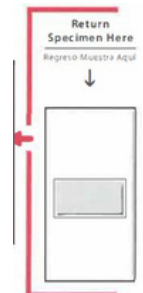
Before returning the collected specimen to the kiosk, use hand sanitizer/sanitizer wipe to clean your hands.



9 Return specimen

The specimen **MUST** be dropped off the same day it is collected.

- Deposit the specimen bag with swab sealed in the tube into the slot indicated on the kiosk.



WHEN YOUR RESULTS ARE READY YOU WILL RECEIVE A TEXT OR EMAIL. IF YOU DO NOT RECEIVE YOUR RESULTS WITHIN 48 HOURS OF LAB RECEIVING YOUR SPECIMEN, PLEASE CALL 800-402-0000 FOR ASSISTANCE.

PLEASE READ:

Seek immediate medical care from a healthcare professional if seriously ill - do NOT wait for the results of this test. Call 9-1-1 if having a medical emergency.