

Home Collection Kit Instructions

! IMPORTANT

Failure to follow these instructions will result in your sample being rejected.

1 Register this kit at
[LifeLabs.com/COVIDkit](https://www.lifelabs.com/COVIDkit)


2 Book an appointment for an observed collection with a trained technician

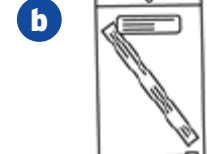
Note: Unobserved samples will be rejected. You must be 16 of age or older to perform a self-collected buccal/bilateral nasal sample.

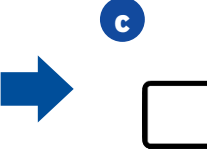
3 Specimen Collection & Handling Instructions
COMBINED BUCCAL/BILATERAL ANTERIOR NASAL COLLECTION

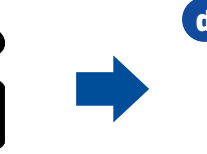
The following collection instructions are intended to help you collect your combined buccal/bilateral nasal sample for the COVID-19 test during your virtual collection appointment. Prior to your appointment to observe your collection, please read the instructions carefully.


The use of a mirror may assist in your collection.

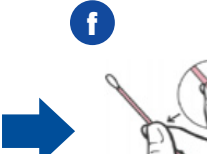
a  Wash your hands with soap and water and dry thoroughly.


b  Obtain the Buccal/Bilateral Anterior Nasal Collection Kit. Verify that the collection tube contains liquid and that the fluid is not visibly cloudy.


c  Write your full name, date of birth and the date and time of your collection on the label and then attach it to the tube.


d  Unscrew the cap of the tube, placing it right side up on a flat surface or in the designated portion of the kit. Do not spill the contents of the tube.


e  Grasp the two ends of the wrapping on the wrapped swab and slowly peel the wrapping down to expose the swab handle. Do not unwrap the swab completely.

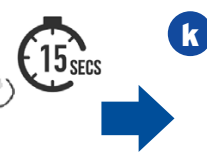
f  Remove the swab from the package and grasp the swab so that you are pinching the score line. This will prevent accidental breakage of the swab during collection.

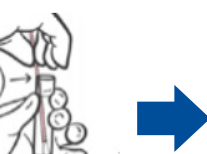
g  To avoid contamination, ensure swab does not come into contact with your hand or any surface prior to collection. **If contaminated, use a new kit. Important:** Do NOT pre-moisten or pre-wet swab prior to collection.

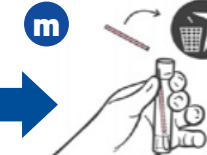
h  Insert the swab between the cheek and lower gums on one side and rotate the swab 3 times to ensure the swab is moistened. Repeat on the other side.


i  Insert swab about 1 cm (0.5 in) inside nostril one. Rotate swab firmly around the inner surfaces of the nostril for 15 seconds. **Stop here...** 15 SEC 1 cm both nostrils

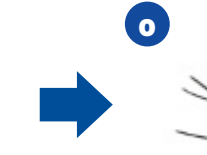
j  Using the same swab, repeat for the other nostril. Rotate the swab for an additional 15 seconds. 15 SECS

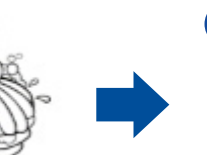
k  Immediately place the swab into the transport tube so that the score line is level with the top edge of the tube.

l  Carefully break the shaft and allow the swab to drop to the bottom of the vial into the liquid.


m  Discard the top portion of the shaft into the regular garbage.

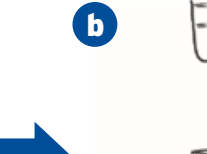
n  Screw on tube cap securely. **Important:** Leaking specimens will be rejected for safety and quality reasons.


o  Wash your hands with soap and water and dry thoroughly.


p  Follow the instructions on packing. Store the tube in the refrigerator until pick-up. 2-8°C


4 Instructions for Packaging Your Sample


a  Check that the cap on your sample tube is screwed on tightly.


b  Place the securely capped sample tube in the biohazard bag found in your kit.


c  Place the absorbent pad in the bag along with your sample tube.


d  Once placed, carefully seal the biohazard bag, and ensure it is completely sealed.

e  Fold your paper requisition and put it into the outer pocket of the biohazard bag.

f  Place the biohazard bag inside the foil pouch and seal it.

g  Place the foil pouch in your kit box.

h  Close the flaps on the box.

i  Affix the tamper-proof seal on the bottom front edge of the box.

j  Place the entire kit box in the poly white bag and seal.

k  Place the FedEx shipping label on the bag.

l 

For faster service, especially on weekends, drop off your packaged kit at a nearby drop-off location. Options in your region can be found at www.lifelabs.com/pick-up-or-drop-off-of-collection/. Please follow drop-off instructions specific to your area. Alternatively, call FedEx at 1-855-344-3917 between 08:30 to 19:00 EST Monday to Friday to schedule a pick up for the next day.

For inquiries, visit [LifeLabs.com/COVIDkit](https://www.lifelabs.com/COVIDkit)

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