Rx only. For Emergency Use Authorization only. For in vitro diagnostic use only. For use by people 18 years of age and older.

**Nasal Swab Self-Collection Instructions (COVID-19 Virus Detection Test)**

**BEFORE YOU COLLECT**

- **READ THESE 2 PAGES OF INSTRUCTIONS COMPLETELY**
- **PLAN YOUR COLLECTION TIME**

Ship your sample on the same day as your collection. **Do not collect and ship your sample on Saturday or Sunday.**
Call 1-800-823-7459 to schedule a pick-up or drop off at a UPS drop box location before the last pickup of the day. The package is postage paid and pre-addressed.

**COLLECT YOUR NASAL SWAB SAMPLE**

1. **WASH YOUR HANDS WITH SOAP AND WATER**
   Dry your hands with a clean towel. Put all collection materials on a clean dry surface. Refer to back side of document for kit contents.

2. **PREPARE THE TUBE LABEL**

   | Patient Name: _______________ |
   | Patient DOB: ___________ MM/DD/YYYY |
   | Date of Collection: __________ MM/DD/YYYY |
   | Time of Collection: __________ AM/PM |

   Using blue or black ink, write your name, date of birth, and date and time of collection on the Collection Tube Label. Set label aside.

3. **OPEN NASAL SWAB**

   Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart. Be careful to only touch the swab handle, not the swab tip.

4. **REMOVE TUBE CAP**

   While holding the swab, remove cap from tube. Be careful to not spill liquid. Do not drink liquid. Set cap aside.

5. **SWAB BOTH NOSTRILS**

   Gently insert the entire soft tip of the swab into one nostril until you feel a bit of resistance and rub it in a circle inside the nose 4 times. **Using same swab, repeat in other nostril.**

6. **ADD SWAB TO TUBE**

   Remove swab from nostril and place in collection tube liquid. Swirl in tube for 10 seconds.

7. **REMOVE SWAB FROM TUBE**

   Press tip against side of tube to squeeze liquid from swab, then throw the swab into the trash.

8. **REPLACE TUBE CAP**

   Put the cap back on the tube. Securely tighten so liquid does not leak.

9. **PLACE LABEL ON TUBE**

   Using the completed label from Step 1, place middle of label on tube, wrap label ends around tube, stick label ends together. **Your information should be visible.**

10. **WASH HANDS, ADD TUBE TO BAG**

    Wash and dry your hands again. Put your tube in the bag with the absorbent pad. Seal the bag.

Images 3 and 5 courtesy of ©2020 Audere
SHIP YOUR KIT BACK TO THE LAB

PLEASE READ:
- Ship your sample on the same day as your collection. Do not collect and ship your sample on Saturday or Sunday.
- Store sample in sealed box away from direct heat and sunlight until shipment.

1. PLACE BAG IN BUBBLE WRAP

Fold the bubble wrap around sealed biohazard bag.

2. PLACE BUBBLE WRAPPED BAG IN BOX

Place bubble wrapped biohazard bag into shipping box. Remove paper backing from tape, fold box flaps closed, press to seal box closed.

3. PREPARE YOUR PACKAGE FOR SHIPMENT

The UPS shipping label has a green tear strip that must be removed.
- Lift the left corner of the tear strip and pull it off.
- Lift the bottom edge of the label and pull up.
- Tear the top label off the kit along the perforation.
- Your return label shows.
- You are ready to ship your package.
- Continue with the next step.

4. SHIP PACKAGE BY UPS

Option 1: Call UPS special returns line: 1-800-823-7459 to schedule a pick-up
- When UPS asks for the company you are shipping to, say "At Home with Exact"
- Provide the tracking number shown on your prepaid return shipping label, which starts with 1Z.

Option 2: Drop your kit off at a UPS drop box before the last pickup of the day.
Visit www.ups.com/dropoff to locate the nearest drop box and pickup hours.

DO NOT schedule your pickup via UPS.com.

IMPORTANT!

To ensure your sample is processed by the lab, you must:
- Complete and apply the sample label to the tube with your name and date of birth.
- Ensure that the tube is completely closed after the nasal swab collection.
- Ship your package on the same day as your collection. Do not collect and ship your sample on Saturday or Sunday.

Your sample may not be processed and you may not receive a test result if you do not follow these steps.

COLLECTION KIT CONTENTS

Nasal Swab
Collection Tube (with 0.9% saline)
Collection Tube Label
Biohazard Bag (with Absorbent Pad)
Bubble Wrap
Shipping Box