

Sample Collection, Packaging, Storing, and Shipping Instructions

PREPARATION

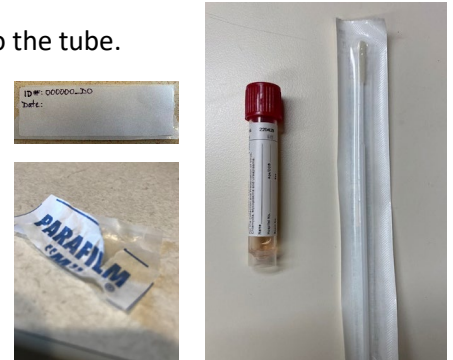
1. Place 1 swab, 1 tube, 1 tube label, and 1 piece of parafilm in front of you on a clean, sturdy workspace.
2. Write the date you are collecting the sample on the tube label and affix it to the tube.

Open Tube

3. Carefully remove the lid from the tube and set the tube aside.

Be careful not to spill the contents of the tube.

4. Set the lid next to the tube.



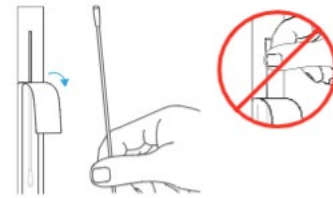
COLLECTION

Open Swab

1. Open swab package at stick end.

Keep fingers away from soft swab tip.

2. Take swab out of packaging by holding the stick end.

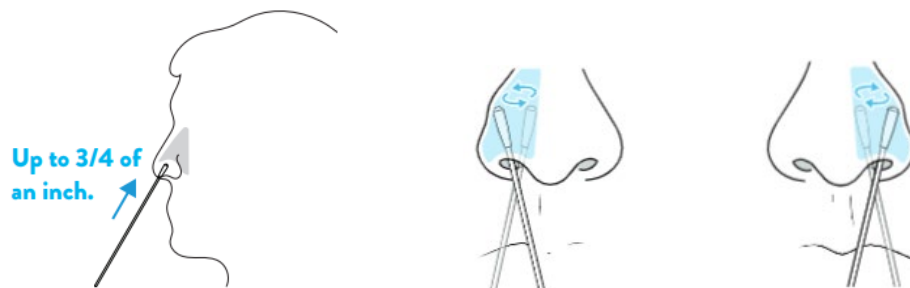


Swab Both Nostrils Carefully

1. Insert the entire soft tip of the swab into a nostril (about 1/2 to 3/4 of an inch).
2. Using medium pressure, rub the swab against all of the inside walls of your nostril.

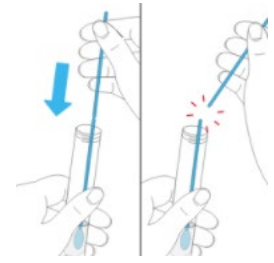
Make at least 5 big circles - do not just spin the swab. Swab for at least 15 seconds.

3. Using the same swab, swab your other nostril.



Place Swab in Tube

1. Hold the tube with one hand and place the soft tip of the swab inside the tube.
2. Carefully press the swab stick against the side of the tube until the stick snaps.
3. Leave the soft tip portion of the swab in the tube. Discard the end of the swab stick that snapped off.
4. Place the lid on the tube securely.



PACKAGING & STORING

1. Remove the back from the piece of parafilm.
2. Stretch the parafilm and wrap it around the lid where it meets the tube.

Wrap in the same direction the lid tightens to prevent leaking.

3. Wrap the tube in provided paper towel.
4. Place the tube in the provided plastic bag and seal well.



All samples collected during travel should be stored together in the one provided plastic bag.

Before returning home from travel, place the plastic bag containing all collected samples into another, provided plastic bag in case the samples leak during flight.

SHIPPING

1. Place the sealed plastic bag containing all collected samples into the provided biohazard bag.
2. Place the biohazard bag into the prepared return mailer.
3. Place the mailer in a blue mailbox on the street or provide to your mail carrier within 7 days of your return.