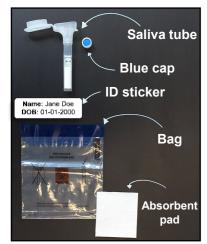
Saliva collection and mailing instructions

Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your saliva sample. Do NOT remove the plastic film from the funnel lid.



To improve saliva generation: rub the cheeks or rub your tongue on the roof of the mouth. Imagine candy, lemon or favorite food in your mouth. Alternatively you can place a small amount of sugar on the tongue and allow the sugar to dissolve.

Saliva kit contents



This is what you can expect to receive in your kit. The ID sticker with your name and DOB is attached to these instructions.

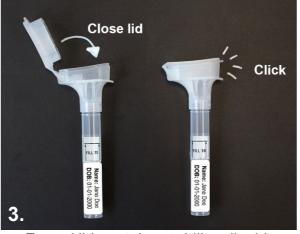
Saliva collection and mailing instructions



Ensure that your Name & DOB on the ID sticker is correct. If this information is correct, place it on the tube in a location that does **not** cover the tracking barcode. If this information is **not correct**, please **contact us** via phone or email and **do not provide a sample**.



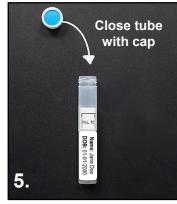
Spit a small amount of saliva (not bubbles) until it reaches the solid line.



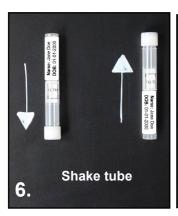
Funnel lid contains stabilizer liquid.
Close the lid tightly by pushing down hard on the funnel lid until you hear a loud click.



Remove the blue cap from kit and place on the side.
Hold the tube upright.
Unscrew the funnel from the tube.



Use the small blue cap to close the tube tightly.



Shake the capped tube for 5 seconds. Discard the funnel.



Seal the capped tube into the bag provided. Do NOT remove absorbent pad.



Place bag with sample into the box.



Write the date when the sample was provided on the label inside of the lid of box.



Close box and seal shut.



Mail from nearest postal location. This box already contains a prepaid shipping label.

Contact: kits@joincountmein.org

651-602-2045