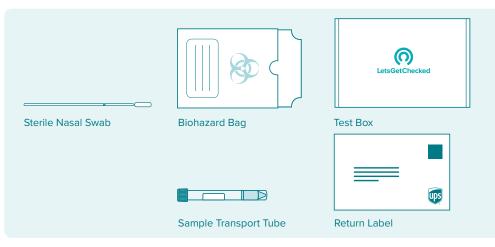
LetsGetChecked **Coronavirus (COVID-19) Home Collection Kit – Anterior Nasal Sample** 

Please read these instructions carefully before collecting your sample. Before you start, make sure you have received the following items:



Rx Only. For Use Under Emergency Use Authorization Only.

#### LetsGetChecked Checklist

Before you return the test, please ensure you have completed the following steps:

- Activate your test online at LetsGetChecked.com/activate -Failure to activate your test will mean your sample cannot be processed.
  - Collect your sample following the instructions. Close the sample transport tube by screwing the lid tightly. Seal the sample transport tube in the biohazard bag.
- Fill in the lab sticker with the sample collection date, your date of birth and gender. This is located on the biohazard bag.
- Place the biohazard bag in the test box and **return immediately** using the UPS shipping label provided.

If you have any questions about your test, you can find our contact details on www.LetsGetChecked.com

### LetsGetChecked Coronavirus (COVID-19) Home Collection Kit - Anterior Nasal Sample: Step-By-Step Instructions





#### Step 1: Before you start

Before you start you must read all of the instructions including the warnings in relation to the liquid in the sample transport tube. You must be over the age of 18 to use this sample collection kit.



# Step 2: Arrange a UPS pickup

Please contact UPS to arrange a pickup before you collect your sample Follow the instructions on the return card in your test kit. You should collect your sample on the same day as the pickup is scheduled for. Do not collect your sample on a Saturday or Sunday as shipping services do not operate on the weekends.



#### Step 3: Activate your test

Before collecting your sample, activate your test online at LetsGetChecked.com/activate. Your unique activation codes are located on the biohazard bag. You must also fill in the lab sticker – located on the biohazard bag.



#### Step 4: Wash your hands

Wash your hands in warm, soapy water and dry thoroughly.



## Step 5: Remove sample transport tube from kit

Remove the sample transport tube from the kit. Screw off the lid and place the tube on a flat surface. <u>Do not</u> spill the contents of the tube.

If you spill the liquid from the sample transport tube, and it makes contact with you, refer to the warning section for information on actions to take.



# Step 6: Remove nasal swab from packaging

Partially peel open the nasal swab package. Remove the swab from the packet.  $\underline{\text{Do not}}$  touch the soft tip or lay the swab down on any surface. You will need to use this swab on both nostrils.



## Step 7: Insert swab into nostril

Gently insert the swab in the vertical position into one nostril until there is



## Step 8: Collect anterior nasal sample

Keep the swab in place and rotate it for 10 seconds, then gently remove from the nose. Do not force the swab any further up and into your nose at any point. You must collect your sample from both nostrils before placing the swab into the sample transport tube. Please refer to the warning section.



## Step 9: Repeat in the other nostril

Gently insert the swab in the vertical position into the other nostril

Keep the swab in place and rotate it for 10 seconds, then gently remove from the nose. Do not force the swab any further up and into your nose at any point.



#### Step 10: Place the swab into the sample transport tube

Place the swab into the sample transport tube immediately. Make sure the swab tip is covered by the liquid in the sample transport tube. Carefully break the swab at the marked/scored line against the side of the tube. Discard the top portion of the swab



#### Step 11: Screw the lid of sample transport tube closed

Screw the lid of the sample transport tube tightly to close it. This will ensure that the lid does not come off during shipping which would prevent your sample from being processed in the lab.



#### Step 12: Seal the sample transport tube in the biohazard bag

Place the sample transport tube in the biohazard bag. Do not remove the absorbent pad from the biohazard bag.

To seal the biohazard bag, remove the yellow strip of plastic and fold down the flap.



#### Step 13: Place biohazard bag in test box

Place the biohazard bag back into the LetsGetChecked test box. Ensure you have folded the biohazard bag flap to seal it. Ensure you have filled in the lab sticker (located on the biohazard bag).



# Step 14: Wash your hands

Wash your hands in warm, soapy water and dry thoroughly.



# Step 15: Return the sample

Place the test box in the return envelope provided. Send the test back immediately with UPS. Visit wwwapps.ups.com/pickup/schedule or call 1-800-742-5877 to schedule a pickup. Follow the instructions on the return card in your test kit. Remember, do not collect or return your sample on a Saturday or Sunday as shipping services are not operating



## PLEASE READ:

Visit the CDC website and follow the advice provided in the up to date guidelines here: www.cdc.gov/coronavirus/2019-ncov

to have severe symptoms, if you feel very unwell, are experiencing breathing difficulties or feel that you need treatment from a medical pro you should NOT wait for the results of this test

and you should immediately call your healthcare provider, or in a medical emergency, call the emergency services.

If you require further advice related to this test, you can arrange a call with a member of our medical team through your online LetsGetChecked dashboard or on the LetsGetChecked app. They will get in touch

**CAUTION:** You should collect this sample yourself.

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Nasal Sample Instructions

Home Collection Kit Coronavirus (COVID-19)

Lets Get Checked



- · If the liquid touches your skin wash your skin with soap and water. If you still have any symptoms, you should
- If the liquid gets in your eyes, wash it out immediately with lots of water and get medical advice. If you still
- If you breathe in the liquid you
- mouth out with water and drink lots of water afterward. If you still have

## PURPOSE/INTENDED USE OF DEVICE:

RX ONLY. FOR USE UNDER EMERGENCY USE AUTHORIZATION ONLY.

This product has been authorized only for the detection of nucleic acid from SARS-CoV-2, not for any other viruses

that circumstances exist justifying the authorization of emergency use of in vitro



- 2 Do not re-use.

Consult instructions for use.

