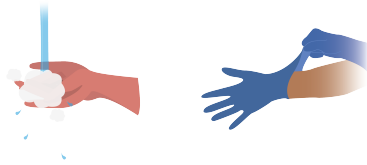
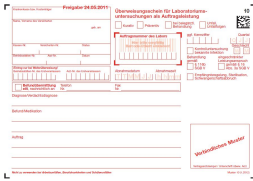


## 1 Preparation



1. Wash hands thoroughly (ca. 30 seconds) with soap and dry them.
2. Put on gloves (leave them on until the end of step 5)

## 2 Inscribe

Überweisungs-  
schein

Swab (in tube)

1. Check your personal data on the „Überweisungsschein“
2. Write your name and birthday on the test-tube

## 3 Swab

(**Read the following instructions carefully before conducting the swab!**)



Wood spatula



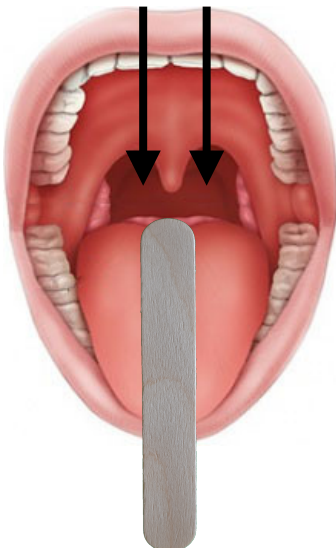
Swab

Cup  
(for example a mug)

Take Instructions, spatula, swab and a clean cup and stand in front of a mirror. Use the cup to hold the tube.

**(Warning: The Swab may only touch the tube. Swab and spatula must not be put down unprotected)**

### Rachenwand



1. Remove the cover of the sticky area on the backside. Hang the instructions next to the mirror, so that both the instructions and the reflection are visible.
2. Unpack the spatula and the swab. Put the tube of the swab down so that it stands in your cup.
3. Hold down tongue with spatula.
4. Put the swab down your throat past the uvula.  
**Take 5 swipes of your throat with light pressure. The urge to gag and cough is normal.** If possible, avoid touching teeth and tongue with the swab.
5. **Return the swab back to the tube immediately and close it tightly.**

**Check:**

- Did you take the sample from the throat behind your uvula (not from the palate)?
- Is the tip of the swab covered with liquid?
- Was there a need to gag or cough?

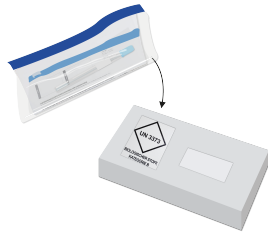
**If any of these did not occur: Repeat step 3.**

**If all of them can't be ticked after multiple attempts, contact a doctor.**

## 4 Pack



Smaller bag and  
Überweisungsschein  
into big bag



Big bag into box

1. Put the closed tube into the smaller one of the two zip-bags. Don't take the paper towel out. Roll up the bag to release any air and close it up.
2. Put the Überweisungsschein and the small Zip-bag into the bigger bag and roll it up as well. **Remove the red stripe from the inner side.** Fold the sticky side to close the bag.
3. Empty the box.
4. Put the bags into the empty box. Close the box and tape it shut.
5. **Stick the UN3373 label and the postal label on the outside of the box.**

## 5 Cool it until pick-up



**2-8°C**

1. **Store box in the freezer until it is picked up.** (Pick-up usually through Fedex on the next day)
2. Dispose all remaining material and the gloves in residual waste.