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# RAPID RNA Extraction

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- 1 Add 140 µL saliva to 560 µL lysis buffer.
- 2 Shake the tubes violently by hand.
- 3 Incubate at 61 °C for 5 min.

- 4 Apply entire 700  $\mu$ L to spin column.
- 5 Spin at 8 kRCF for 1 min.
- 6 Remove flowthrough with a pipette.
- 7 Add 500  $\mu$ L wash 1 to the column.
- 8 Spin at 8 kRCF for 1 min.
- 9 Remove flowthrough with a pipette.
- 10 Add 500  $\mu$ L wash 2.
- 11 Spin at 8 kRCF for 2 min.
- 12 Transfer column to a new tube and add 50  $\mu$ L elution buffer.
- 13 Spin at 8k RCF for 1 min.
- 14 Add to LAMP reactions.