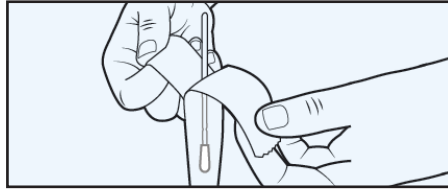


Self-Collection Instructions (Health Care Professional Supervised)

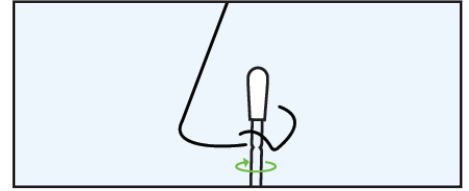
Read ALL steps before collecting your sample!



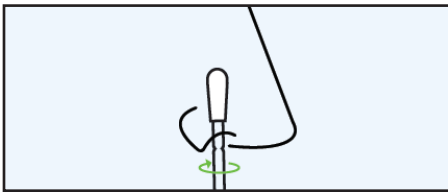
1) You will receive supplies to self-collect your sample. You will collect your sample under the supervision of a health care professional.



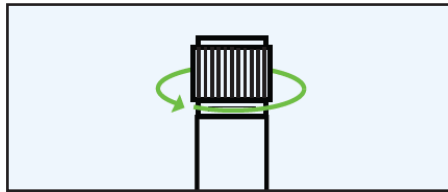
2) When you are ready to collect, take the swab out of its sleeve. Do not touch the tip of the swab with your hands.



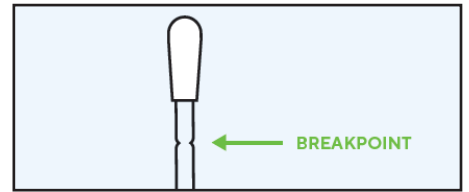
3) Insert the tip of the swab into one nostril. The tip of the swab should no longer be visible. Give the swab a gentle push against the inside of your nose and rotate it in a circle. Rotate the swab at least 3 times.



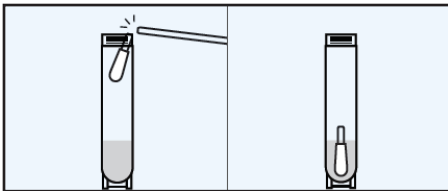
4) Repeat step 4 in your other nostril.



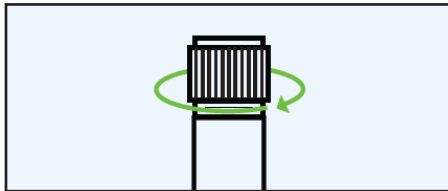
5) After collecting your sample, hold the swab in one hand and screw off the top of the collection tube with the other. Put the tube's top in a safe place because you will need it again. **DO NOT DRINK THE LIQUID IN THE TUBE.**



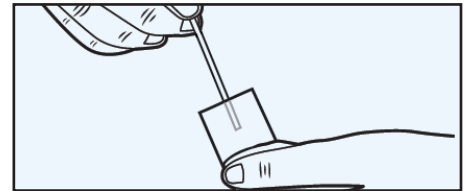
6) Look for the breakpoint on the swab's handle. It is very close to the main tip of the swab.



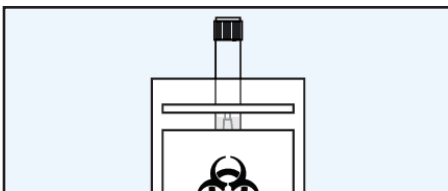
7) Place the swab in the collection tube and break off the swab from its handle at the breakpoint. **DO NOT PLACE THE USED HANDLE IN THE BIOHAZARD BAG.**



8) Make sure you screw the top back on the collection tube tightly.



9) Place the swab's handle back in its sleeve. **REMINDER: DO NOT PLACE THE USED HANDLE IN THE BIOHAZARD BAG.**



10) Insert the collection tube into the biohazard bag. Seal the biohazard bag. Return the stem in its sleeve and biohazard bag to the health care professional.

