**COVID-19 Test Home Collection Kit**

**Instructions**

Your kit includes:

- Swab and tube
- Kit ID stickers
- Biohazard bag
- Absorbent sheet
- Return box
- Return envelope
- Return label
- Alcohol prep pad

**Questions?**
- support.everlywell.com
- contact@everlywell.com
- 855.422.3855

**What's next?**

1. Once your sample is received, the lab will process it, assuming it passes all quality checks. We’ll contact you if there are any issues.
2. A board-certified physician will review your results and securely transmit them to us.
3. We’ll email you as soon as your results arrive.

Check the status of your order any time by going to everlywell.com/orders.

**Return Instructions**

Double check that you registered your sample at everlywell.com/register and added the sample ID sticker with your information to the sample tube.

1. Wash your hands
   - Wash your hands thoroughly with soap and water for 20 seconds.

2. Assemble box
   - Assemble your shipping box. Watch our box assembly video at everlywell.com/collect.

3. Prepare sample
   - Place your biohazard bag inside the box. The box provides extra protection during transit.

4. Put box in mailer
   - With clean hands, place the shipping box into the prepaid mailer. Apply the shipping label to the front of the envelope.

5. Disinfect the mailer
   - Use the provided alcohol prep pad to disinfect the mailer, avoiding the address label, before completing the final shipping step.

6. Ship
   - Deliver the pre-paid, pre-addressed return pack to the appropriate carrier’s drop box. It’s important you drop off your sample on the same day you collect before the last pickup for overnight shipping. Do not deliver sample to a drop box on the weekend.

**Return Instructions**

Double check that you registered your sample at everlywell.com/register and added the sample ID sticker with your information to the sample tube.

1. Wash your hands
   - Wash your hands thoroughly with soap and water for 20 seconds.

2. Assemble box
   - Assemble your shipping box. Watch our box assembly video at everlywell.com/collect.

3. Prepare sample
   - Place your biohazard bag inside the box. The box provides extra protection during transit.

4. Put box in mailer
   - With clean hands, place the shipping box into the prepaid mailer. Apply the shipping label to the front of the envelope.

5. Disinfect the mailer
   - Use the provided alcohol prep pad to disinfect the mailer, avoiding the address label, before completing the final shipping step.

6. Ship
   - Deliver the pre-paid, pre-addressed return pack to the appropriate carrier’s drop box. It’s important you drop off your sample on the same day you collect before the last pickup for overnight shipping. Do not deliver sample to a drop box on the weekend.
Important Reminder

Be sure to complete these 3 steps before mailing your kit.

Register kit
Fill out ID sticker
Same day ship

Visit www.everlywell.com/register and complete your registration.

The lab can only process your samples if you:

- Register your sample at everlywell.com/register
- Fill out ID sticker and affix to your sample tube
- Ship samples the same day you collect

Sample Collection Instructions

Please follow all instructions closely to ensure proper precautions are taken for packaging and sending COVID-19 samples to our collection labs. Make sure you can ship the same day you collect.

1. Register
   You must register your kit at everlywell.com/register before you collect. This lab cannot process your sample if this step is missed.

2. Locate drop box
   Check your return label to determine if your package will be shipped via FedEx or UPS. Visit the carrier’s website to view drop box locations and pick up schedules. Do not deliver sample to a drop box on the weekend. Drop off your sample on the same day you collect before the last pickup.

3. Fill out kit ID sticker
   Place sample ID sticker on the collection tube. Write your full name, date of birth, and the date of collection. Do not pour the liquid out of the tube.

4. Prep for collection
   Disinfect surfaces where you will be completing your test. Blow your nose. Then thoroughly wash your hands with soap and water for 20 seconds prior to collection.

5. Position your head
   Tilt your head back to approximately a 45 degree angle.

6. Insert nasal swab
   Gently and slowly insert the swab into your nostril, parallel to your mouth, about 2-4 cm until resistance is met. The stopper on the shaft of the swab should not go past the edge of your nostril.

7. Collect swab sample
   Rotate the swab 3 times all the way around the nasal wall with a slight pressure. Repeat this process in the other nostril using the same swab.

8. Place the swab sample in the tube
   Put the swab (tip down) into the tube. Hold the tube away from your face and break the swab at the perforated line. Leave the swab in the tube, and don’t spill the liquid. Tightly seal cap.

9. Place tube into bag
   Place absorbent sheet and sample tube into the protective biohazard bag. Follow return instructions on the reverse.