**Questions?**
covid19@everlywell.com
support.everlywell.com
+1 855-463-1670

**What's next?**
1. Once the sample arrives at the lab, it will pass a quality check before processing begins. We’ll contact you if there are any issues.
2. A board-certified physician will review the test taker’s results and securely transmit them to us.
3. We’ll email you as soon as the results arrive.
4. Clean hands, place the shipping box into the prepaid mailer. Apply the shipping label to the front of the mailer. Do not cover the UN3373 label.

**COVID-19 Test Home Collection Kit**

**Instructions**

**The kit includes:**
- Swab and tube
- Kit ID stickers
- Biohazard bag with absorbent sheet
- Return box
- Return envelope
- Return label
- Alcohol prep pad

**Rx Only. For Use Under Emergency Use Authorization. For In Vitro Diagnostic Use.**
Important Reminder

You must complete these 3 steps before mailing the kit.

- Register kit
- Completely fill out kit ID sticker
- Ship on day of collection

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

The lab can only process the sample if you:

- Register the test taker’s sample at everlywell.com/register
- Fill out ID sticker with test taker’s information and affix to the sample tube
- Ship sample the same day of collection (Monday-Friday)

Sample Collection Instructions

Please read all instructions fully prior to collecting the specimen. Follow all instructions closely to ensure the collected specimen is acceptable for processing. Failure to follow all instructions may lead to the specimen being rejected or to incorrect results. Make sure you can ship the same day the sample is collected (Monday-Friday).

1. **Register kit**
   Register the kit at everlywell.com/register using the test taker’s information before collecting the sample. Do not register until you are ready to collect the sample because you will be asked to enter the time of collection. Collect Monday-Friday as samples cannot be shipped on the weekend. The lab cannot process the sample if this step is missed.

2. **Watch video**
   For best results, watch our collection video at everlywell.com/collect before you start.

3. **Locate UPS drop box**
   Visit the UPS website to view drop box locations and pick up schedules. Your sample must be dropped off at the drop box before the last pickup on the day it is collected. Only collect samples on Monday-Friday as samples cannot be shipped on the weekend.

4. **Completely fill out kit ID sticker**
   Important: Write your full name, date of birth, and the date of collection on your kit ID sticker. Your information must match what you used to register your kit. Place your kit ID sticker on the collection tube. Do not cover the barcode sticker already on the tube. Do not pour the liquid out of the tube.

5. **Prep space and wash hands**
   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.

6. **Prepare to collect**
   Before inserting the swab, locate the perforation on the swab (near the tip), as this will be needed after the sample is collected. The test taker should tilt their head back slightly.

7. **Insert nasal swab**
   Hold the swab below the perforation line. Insert the soft tip of the swab into the nostril. That’s usually 1/2 to 3/4 of an inch for an adult. DO NOT go beyond this depth.

8. **Collect swab sample**
   Rotate the swab 4 times all the way around the nasal wall, applying slight pressure and taking approximately 15 seconds to collect the sample. Remove swab. Repeat this process in the other nostril using the same swab.

9. **Place the swab sample in the tube**
   Place the swab sample (tip down) in the tube without spilling the liquid. Break the swab at the perforated line (near the tip) and leave in tube. Tightly seal cap. Liquid volume may not completely cover the swab tip.

10. **Place tube into bag**
    Place tube into protective biohazard bag with the absorbent sheet. Follow return instructions on the reverse.