# LetsGetChecked COVID-19 Home Collection Kit – Nasal Sample

Please read these instructions carefully before collecting your sample. Before you start, make sure you have received the following items:

- Nasal Swab
- Biohazard Bag
- Test Box
- Sample Transport Tube
- Return Label

## LetsGetChecked Checklist

Before you return the test, please ensure you have completed the following steps:

1. **Step 1:** Activate your test online at LetsGetChecked.com/activate — Failure to activate your test will mean your sample cannot be processed.
2. **Step 2:** Collect your sample following the instructions. Close the sample transport tube by screwing the lid tightly. Seal the sample transport tube in the biohazard bag.
3. **Step 3:** Fill in the test box with the sample collection date, your state of birth and gender. This is located on the inner lid of the test box.
4. **Step 4:** Place the biohazard bag in the test box and return immediately using the UPS shipping label provided.

If you have any questions about your test, you can find our contact details on www.LetsGetChecked.com.

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### Directions:

**Step 7: Insert swab into nostril**
Gently insert the swab in the vertical position into one nostril until there is gentle resistance.

**Step 8: Collect nasal sample**
Keep the swab in place and rotate it for 10 seconds, then gently remove from the nose. Do not force the swab any further up and into your nose at any point. You must collect your sample from both nostrils before placing the swab into the sample transport tube. Please refer to the warning section.

**Step 9: Repeat in the other nostril**
Keep the swab in the vertical position into the other nostril until there is gentle resistance. Carefully break the swab at the marked/scored line against the side of the tube. Discard the top portion of the swab.

**Step 10:** Place the swab into the sample transport tube
Place the swab into the sample transport tube immediately. Make sure the swab tip is covered by the liquid in the sample transport tube. Carefully break the swabs at the marked/scored line against the side of the tube. Discard the top portion of the swab.

**Step 11:** Screw the lid of sample transport tube closed
Screw the lid of the sample transport tube tightly to close it. This will ensure that the lid does not come off during shipping which would prevent your sample from being processed in the lab.

**Step 12:** Seal the sample transport tube in the biohazard bag
Place the sample transport tube in the biohazard bag. Do not remove the absorbent pad from the biohazard bag. To seal the biohazard bag, remove the yellow strip of plastic and fold down the flap.

**Step 13:** Place biohazard bag in test box
Place the biohazard bag back into the LetsGetChecked test box. Ensure you have filled in the lab sticker – located on the inner lid of the test box.

**Step 14:** Wash your hands
Wash your hands in warm, soapy water and dry thoroughly.

**Step 15:** Return the sample
Place the test box in the return envelope provided. Send the test back immediately with UPS. Visit wwwapps.ups.com/pickup/schedule or call 1-800-742-5877 to schedule a pickup. Follow the instructions on the return card in your test kit. Remember, do not collect or return your sample on a Saturday or Sunday as shipping services are not operating.

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### Important Information:

- **Caution:** You should collect this sample yourself.

**PLEASE READ:**

Visit the CDC website and follow the advice provided in the up-to-date guidelines here: www.cdc.gov/coronavirus/2019-ncov/questionnaire.

Most people who contract COVID-19 are unlikely to have severe symptoms. If you feel very unwell, are experiencing breathing difficulties or feel that you need treatment from a medical professional, you should NOT wait for the results of this test and you should immediately call your healthcare provider, or in a medical emergency, call the emergency services.

If you require further advice related to this test, you can arrange a call with a member of our medical team through your online LetsGetChecked dashboard or on the LetsGetChecked app. They will get in touch with you as soon as possible.

**Caution:** You should collect this sample yourself.

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### Warning:

- You must be over the age of 18 to use this sample collection kit.
- Do not drink or breathe in the liquid in the sample tube.
- Do not let the liquid in the sample tube touch your hair or eyes.
- If the liquid gets in your eyes, wash it out immediately with lots of water and get medical advice. If you still have any symptoms, you should call a physician.
- If the liquid touches your skin, wash your skin with soap and water. If you still have any symptoms, you should call a physician.
- If you breathe in the liquid you should get fresh air straight away. If you still have any symptoms, you should call a physician.
- If you drink the liquid, wash your mouth out with water and call a physician.
- If you still have any symptoms, you should call a physician.

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### Return Label Information:

- **Recipient:** LetsGetChecked COVID-19 Home Collection Kit
- **Shipping Address:**
  - LetGoChecked COVID-19 Home Collection Kit – Your address will be based on the information you provided on your test box.
  - 1000 Sigourney Street, Building B, Hartford, CT 06105

**For more information, please visit:**

**We’re Here for You:**
Contact us at 1-800-742-5877 Monday through Saturday 8AM-8PM EST or www.LetsGetChecked.com/support.
Do not use if the kit or any items included within it are damaged/faulty or if any items are absent from the kit.

In vitro diagnostic medical device.

Storage temperature: 15ºC — 25ºC.

See outside of kit box for lot number.

See outside of kit box for expiry date.

Consult instructions for use.

Do not re-use.

You must be aged 18 or over to use this product.