Must be collected under the video guidance of your healthcare provider (telemedicine visit). Inadequate sample collection can result in inaccurate result.

Kit includes:

- Biohazard bag (95 kPa) with
  - Nasal swab
  - Saline collection tube
  - Specimen label
  - Absorbent sheet
- Shipping box
- Pre-paid, pre-labeled FedEx return envelope
- Table Mat
- Alcohol Prep Pad
Before collecting your COVID-19 nasal swab sample, please visit

www.fedex.com/labreturns

to find FedEx drop box locations and pickup schedules.

You must bring your sample to a drop box on the same day you collect it before the last Express pick up.

Disclaimer: This home collection kit has not been FDA cleared or approved. This home collection kit has been authorized by FDA under an EUA. This home collection kit has been authorized only for the home collection and maintenance of nasal swab specimens as an aid in detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens. This home collection kit in combination with the authorized test is only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostic tests for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Act, 21 U.S.C. § 360bbb-3(b)(1), unless the authorization is terminated or revoked sooner.
1. Wash your hands with soap for 20 seconds.

2. Set out the kit (swab, saline tube, and label) on the provided table mat.

3. Break the swab at the breakpoint (red line) (see Picture 1a-c).

4. Swab (see Picture 1d):
   a. Insert the swab into one nostril until the "soft part" is reached (~1 inch or 2-3 cm).
   b. Rotate the swab inside the nostril for about 10-15 seconds and withdraw.
   c. Repeat with the other nostril using the same swab.

5. Open the sample tube, place the swab inside of tube, close the cap tightly, and check for leakage (see Picture 1e).
6. **Label:**
   a. **Confirm** your name and date of birth on the provided specimen label.
   b. Clearly **write** date and time of sample collection on the specimen label.
   c. **Affix** the specimen label on the specimen tube as shown in Picture 2.

7. **Wipe** your hands with the provided alcohol prep pad.

8. **Package** *(See Picture 3):*
   a. Place the specimen tube (labeled) into the biohazard bag and close the bag.
   b. Place the specimen bag into the shipping box and close the box.
   c. Place the shipping box into the pre-labeled FedEx envelope and seal the envelope.

9. **Ship:** Deliver the postage paid, pre-labeled FedEx return pack to a FedEx drop box.

   **Note:** Please bring your sample to a drop box on the same day you collect it before last Express pick up.

**Important:**
Sample **will not be tested** if the specimen is returned to the laboratory in any of the following conditions:
- no nasal swab inside the saline collection tube
- sample volume less than 0.6 mL due to leakage or spill
- no specimen label on the collection tube
- no written date and/or time of collection
- no documentation of observed collection by healthcare provider (information verified in patient’s medical chart)
- not shipped in the provided FedEx UN3373 Pak
- sample arrived to the laboratory more than 48 hours after collection

If you have question, please contact Kaiser Member Services: 1-800-777-7902 (toll free)
TTY: 1-301-879-6380