Before you start, let’s do some prep work

1. Activate your kit
2. Wash your hands
3. Read directions carefully
4. Sit in a quiet place (no interruptions)
5. Be comfortable before you start

INSIDE SHIPPING BOX

1. Place
   Open the stabilizing solution tube and place it within the opening on your kit’s insert card. This will ensure it’s ready to go for when you need to use it.

2. Insert
   Gently insert swab into nostril until swab contacts what feels like the top of your nasal cavity. This should NOT lead to discomfort - do not push the swab further than one inch into nostril. Rotate swab against your nasal well a few times using firm but gentle pressure. Repeat in other nostril.

3. Immerse
   Place the tip of the swab (the side that you used) into the stabilizing solution tube, so that the swab is immersed in the liquid. Do not drink or touch solution, wash hands if solution comes in contact with skin.

4. Seal
   Break off the remainder of the applicator along the scored line (it should naturally snap in half). Seal the plastic tube tightly using the same cap.

5. Ship it within 24 hrs
   Place tube in the provided specimen bag, seal the bag, and place the collected sample back inside this box. Seal the box and mail it promptly, using the pre-affixed label. No additional payment or postage is required.

Questions?
Please contact Picture with any issues:
hello@picturegenetics.com

Need a video to guide you?
Visit picturegenetics.com/nasalswab
Before starting your COVID-19 test

Make sure that you will be able to ship it within 24 hours after collecting your sample.

Why is this important?
The genetic information in your sample won’t stay stable forever. Mailing your sample on time helps ensure your test’s accuracy. Our lab may be unable to accept late samples.

Please visit www.PictureGenetics.com/nasalswab for more information.

It’s important that FedEx receives your sample on the same day you collect it.

If mailing your sample via FedEx dropbox, ensure your sample is dropped off before the last Express pickup of the day.

Do not deliver your sample to a dropbox on a Saturday or Sunday.

Kit Assembly Instructions (after you collect your sample)

1. Thoroughly wash and dry hands after completing sample collection.
2. Put the sealed tube into the orange-and-clear specimen bag containing the absorbent sheet and seal the bag.
3. Put bagged sample back inside the box and seal with sticker provided.
4. Place your box into the provided FedEx envelope with pre-affixed shipping label, and seal the envelope.
5. Promptly ship your sample back via FedEx. See reverse side for important information on shipping.