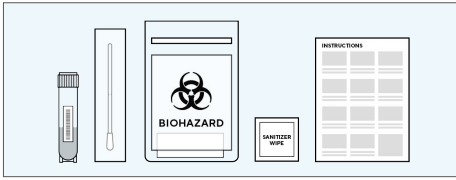
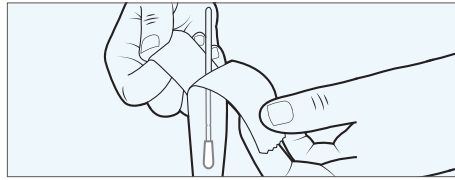


Helix COVID-19 Self-Collection Kit Instructions (Unsupervised)

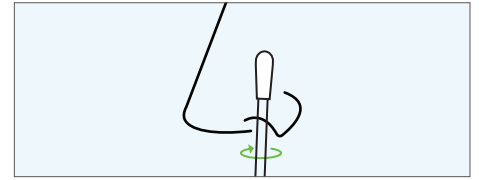
Read ALL steps before collecting your sample. Make sure to collect and drop off on the same day.



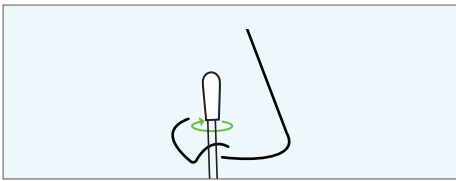
1) Your collection kit will be on the locker shelf, along with a hand sanitizer wipe. After cleaning your hands with the hand sanitizer wipe, please follow these instructions to collect your sample.



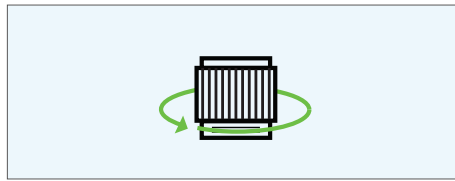
2) Lay out your self-collection materials on the shelf. Do not close the locker door until you are finished collecting. When you are ready to collect, take the swab out of its sleeve. Do not touch the tip of the swab with your hands or allow it to come into contact with any other surface. If this occurs, you will need to register for a new appointment to return and provide a new sample.



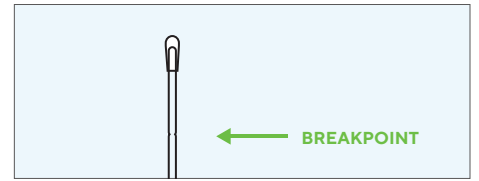
3) Insert the tip of the swab into one nostril. The tip of the swab should no longer be visible (usually about 1/2" to 3/4"). Give the swab a gentle push against the inside of your nose and rotate it in a circle. Rotate the swab at least 3 times.



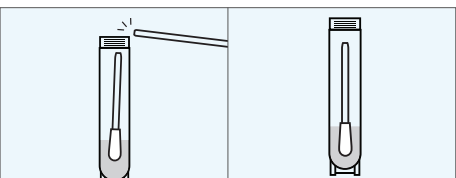
4) Repeat step 3 in your other nostril.



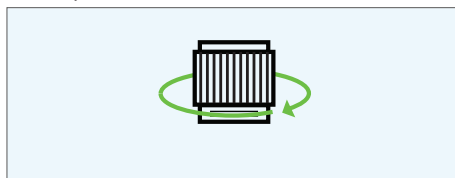
5) After collecting your sample, hold the swab in one hand and screw off the top of the saline collection tube with the other. Put the tube's top on the locker's shelf.



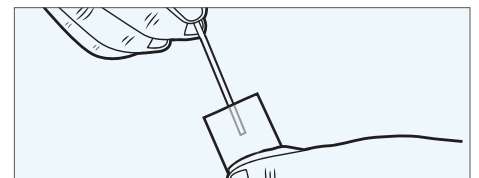
6) Look for the breakpoint on the swab's handle. It can be found approximately 1/4" - 1/2" away from the swab on the handle.



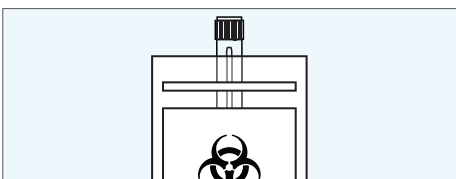
7) Place the swab in the collection tube and break off the swab from its handle at the breakpoint. **DO NOT PLACE THE USED HANDLE IN THE BIOHAZARD BAG.**



8) Make sure you screw the top back on the collection tube tightly.



9) Place the swab's handle back in its sleeve and discard in the trash. **REMEMBER: DO NOT PLACE THE USED HANDLE IN THE BIOHAZARD BAG.**



10) Sanitize your hands after the self-collection process. After, insert the collection tube into the biohazard bag. **DO NOT REMOVE THE ABSORBENT PAD FROM THE BAG.**



11) Seal the biohazard bag with the collection tube and absorbent pad inside. Place the sealed biohazard bag containing your sample into the site collection drop-box.

Questions?

Please call the number on the front of the locker for assistance.

To access the **Patient Fact Sheet**: www.helix.com/pcr-patient-fact-sheet

Helix COVID-19 Self-Collection Kit Information



This product (collection kit in combination with the authorized test) has not been FDA cleared or approved, but has been authorized for emergency use by FDA under an EUA for use by the authorized laboratory;

This product has been authorized only for the detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens; and

The emergency use of this product is only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Federal Food, Drug, and Cosmetic Act, 21 U.S.C. §360bbb-3(b)(1), unless the declaration is terminated or authorization is revoked sooner.