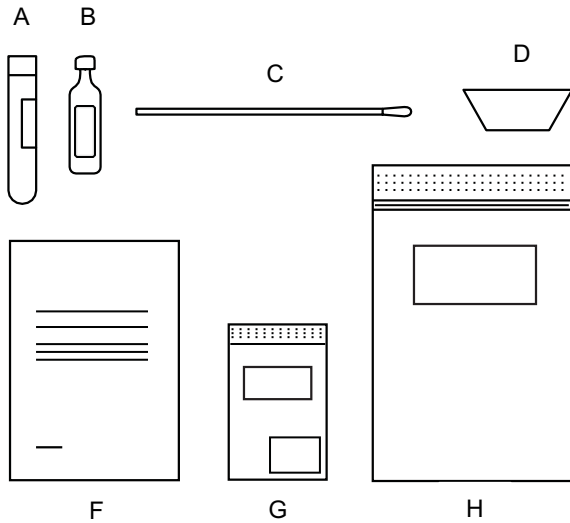


The test kit contains:

- A Collection tube with barcode. Double check that the personal identification number on the barcode is correct.
- B Saline solution ampoule.
- C One swab.
- D Spittoon.
- E Absorbent (not used during swabbing, should be placed in small bag (G) after swabbing).
- F Swabbing instructions (this sheet of paper).
- G Small bag. Contains an absorbent not used during swabbing, should only be placed in a small bag (G) after swabbing.
- H Large bag (to throw away used swabs etc.)



Instructions for self-sampling nasal, throat, and saliva specimen collection

The instructions are used for self-sampling, but if necessary, a parent can also swab their child.



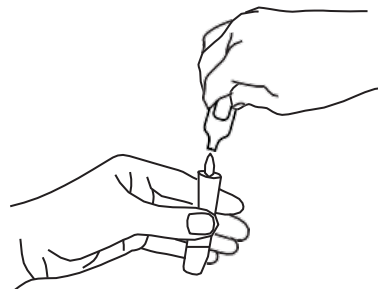
See kit items and associated alphabetical markings in Kit Content on the next page.
Please read Kit Content and the swabbing instructions below carefully before you start.

1

Preparation before the test

*If a child is tested, parents should follow the instructions together with the child.
If necessary, a parent can swab their child.*

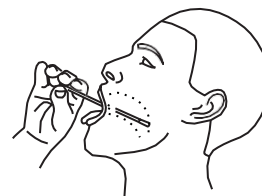
1. Remove the small bag (G) and place it nearby. Place the rest of the contents of the large bag (H) on top of the small bag (G). Open the swab packaging (C).
2. Take the saline solution ampoule (B) and open it by twisting off the top.
3. Remove the lid from the collection tube (A) and stand the lid with the thread facing upwards.
4. Empty the saline solution (B) into the tube (A). Hold the tube (A). Toss the empty saline solution packaging into the large bag (H).
5. You will now do sampling in three different ways as described below.



2

Throat - swab 1

1. Take the swab (C) and move it along the inside of your cheek to the back of the throat as far as you can.
2. Scrape the cotton swab for about 20 seconds on each side of the back of your throat.
3. Remove the swab (C) from the throat.

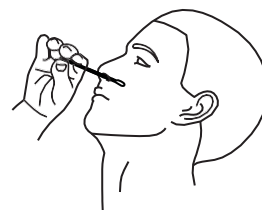


20 sec

3

Nose - swab 2

4. Now insert the cotton swab into your nostril, about 2-3 cm. Rub around the nostril for about 20 seconds. Do the same in both nostrils with the same swab.
5. Remove the swab (C) from the nose, then hold the swab (C) in the same hand as the tube (A).

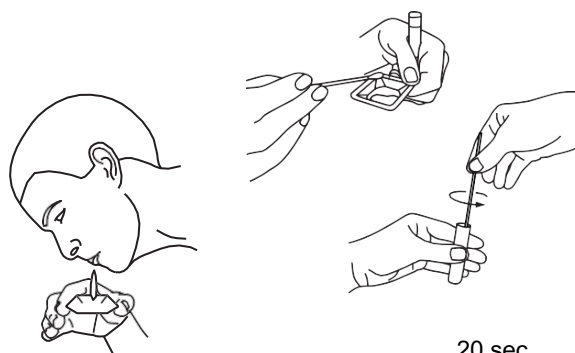


20 sec

4

Saliva - swab 3

1. Take the spittoon (D) and spit into it a few times so that the bottom surface is covered.
2. Stir the swab (C) in the saliva for 20 seconds.
3. Insert the swab (C) into the tube (A) and stir about 20 seconds. Remove the swab from the tube.
4. Toss the swab (C) and spittoon (D) in the large bag (H).
5. Carefully screw the lid onto the collection tube (A). Double check that the liquid stays in the tube and that the lid is firmly screwed on. Place the collection tube (A) in the small bag (G). The bag contains an absorbent that should be left untouched.



20 sec

After swabbing

Deliver the small bag (G) to the place and in the way you were told at the time of booking.

Toss the large bag (H) with the swab, spittoon and the other rubbish into your household waste.

