

Self-Collection Kit Instructions

Your Kit Includes:



Barcoded Tube



Rigid Safety Bag



Rigid Outer Box



FedEx UN3373 Pak

1) Plan to bring your sample to a FedEx drop box on the same day you collect it. Visit <https://bit.ly/fedexdropbox> to view FedEx drop box locations and pickup schedules or email @hms.com to schedule a pick-up at your house.

2) When you're ready to collect your sample, activate your kit online at xxx.com. Type in or scan the 12 digit barcode on the tube.

3) Wash your hands thoroughly for 20 seconds and dry them well. Open your kit and place all of the contents on a clean, dry surface.

4) Screw off the cap with attached swab from the collection tube. Do not touch the tip of the swab with your hands and do not lay it down on a surface. Hold swab in one hand and collection tube in the other.

5) Rotate swab tip in first nostril, 3 times. Insert it into one nostril until the grooves in the tip are no longer visible, about 1 inch. Rotate it in a circle around the inside edge of your nostril at least 3 times. Then hold it against the side of your nostril for 10 seconds.

6) Rotate swab tip in other nostril, 3 times then hold it against the side of your nostril for 10 seconds. Repeat the previous step in the second nostril, using the same end of the swab.

7) Screw swab and cap back into the collection tube. Make sure that the cap is screwed in securely.

8) Wipe down the outside of the tube with an EPA approved disinfectant for use against COVID-19.

9) Wash and dry hands again. Insert collection tube into **RigidSafetyBag**. Seal the bag by removing the white strip and applying even pressure across the entire surface.

10) Place the RigidSafetyBag inside of the Rigid Outer Box.

11) Place the Rigid Outer Box inside of the FedEx UN3373 Pak. Remove the inner strip to expose the adhesive and press firmly to make sure the Pak is completely sealed.

11) Deliver the postage paid, pre-addressed FedEx Pak to a FedEx drop box. Bring the sample to a drop box on the same day you collect it before the last Express pick-up. Do not deliver the samples to a dropbox on Saturday or Sunday. Do not take to a FedEx office. If you'd like a FedEx pick-up at your house, email @hms.harvard.edu.

Questions? Contact us at @hms.harvard.edu