Before collecting your sample, please ensure that your kit contains the following materials:

- Self-adhesive order number label
- Collection tube with swab
- Zip closure specimen bag
- Postage-paid return envelope
**Step-by-Step Guide**

**IMPORTANT: Read all instructions prior to collecting your sample**

- Be sure to wash and dry your hands thoroughly, before and after collection

1. Peel open the package and remove the swab and transport tube.
   Twist the cap to break the seal, then remove the cap and attached swab without touching the soft tip of the swab.
   ✅ Do not set the swab down.

2. Rub the swab against the inside of both cheeks, along the gum line on the front and back of the teeth and on the base of the tongue.

3. Immediately place the swab in the transport tube and cap the tube securely.

4. Place the self-adhesive label with your order number on the tube.
   ! If you are testing multiple body sites, ensure that you are placing the correct label on each tube. The labels are letter-coded and marked with the corresponding body site.

5. Tightly seal the labeled transport tube in the zip closure bag, then place the bag in the postage-paid envelope and seal tightly.

6. You can send your sample from your mailbox or any United States Post Office.
   ✅ Do not place in a FedEx or UPS drop box!