

Please carefully read and follow all instructions.

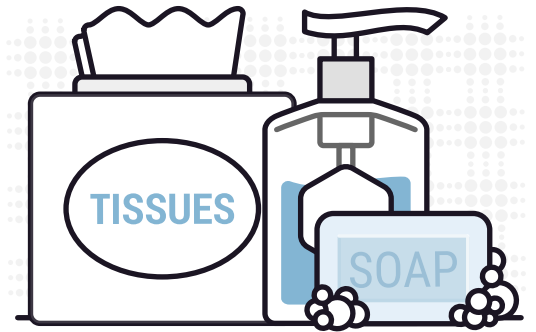
It's important that you complete the test steps as carefully as possible to ensure your specimen can be processed in the lab.

1 Blow nose and wash hands*

In order to get a good specimen, it's important that both your nose and hands are clean.

- Using a clean tissue, gently blow your nose and clear out any additional debris in both nostrils.
- Wash your hands with soap and warm water for 20 seconds and dry them thoroughly with a clean towel.

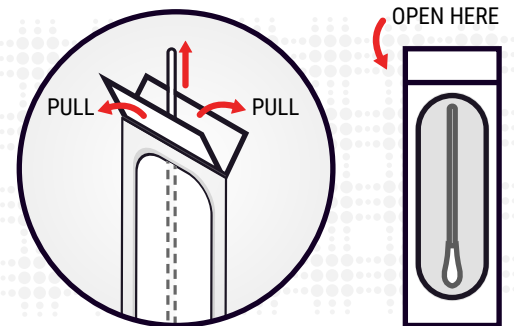
**Blowing your nose is not necessary for sample collection. Please also note that it may not be appropriate to blow your nose in settings where others could be exposed to viral particles released in this process. Please follow the instructions of your healthcare provider.*



2 Open nasal swab

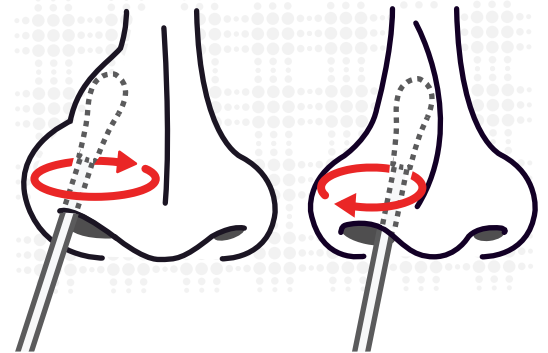
Remove the nasal swab from the wrapper. Many open like a band-aid, where you pull the ends of the wrapper apart.

Be careful to **only touch the swab handle**, not the tip.



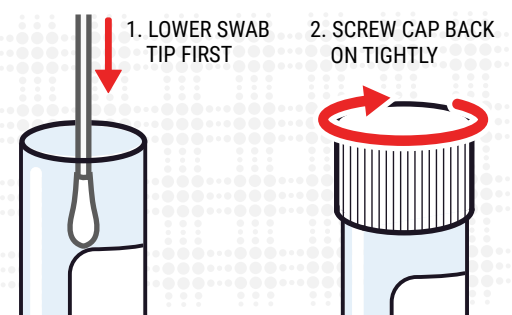
3 Swab nose

- Gently insert the **entire** soft tip of the swab into one nostril until you feel a bit of resistance.
- Using medium pressure, rub the swab slowly in a circular motion around the inside wall of your nostril **four times**.
- The swab tip should be touching the inside wall of your nostril through each rotation.
- Repeat the same process with the **same swab** in the other nostril.



4 Put swab in tube

- While **holding the swab**, open the tube.
- Put the swab **tip first** into the tube.
- Screw the cap back onto the tube **tightly**.
- **Wash your hands again** with soap and water.



Your Responsibility. By using these instructions, you are solely responsible for self-administering the nasal swab and agree to follow the instructions provided. Audere and its affiliates take no responsibility for the mis-application of the instructions or any injuries, damages, losses, or expenses that may result to you or to a third party arising from, in connection with, or related to the nasal swab administration.