

## SelfCheck™ COVID-19 Swabbing Kit

This kit is used to collect a sample from your nose to test for Coronavirus 2019 (COVID-19). Immediately after using your kit, drop it off at a Cleveland Clinic Express Care or Pharmacy location.

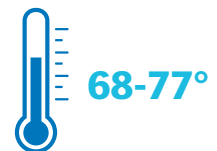
**Read all instructions before using your kit and follow them carefully.** If you do not use this kit as directed, incorrect results may occur. For more information and to watch a video of these instructions, please visit [clevelandclinic.org/selfcheck](https://clevelandclinic.org/selfcheck).

**Need help? Call 216.444.0300.**



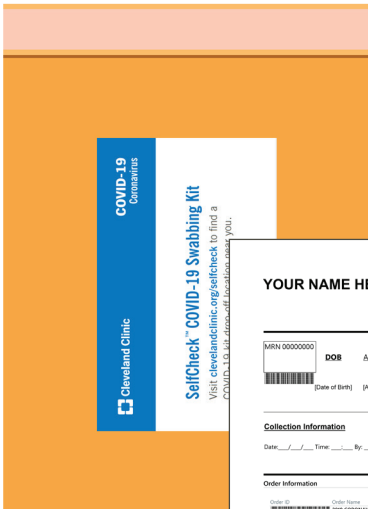
Use & return your kit  
on the **same day**.

Store your kit at **room temperature**  
before and after use.

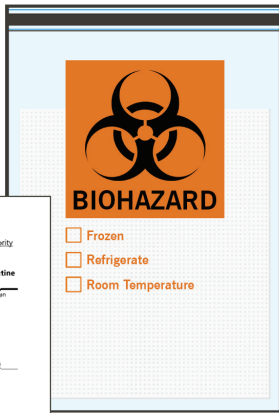


### What's inside the kit:

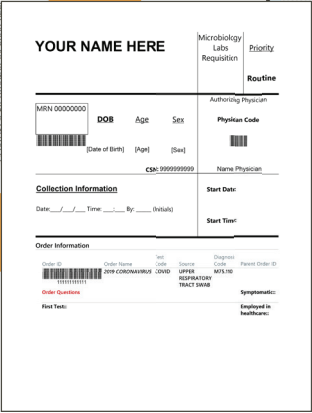
**SelfCheck return envelope**



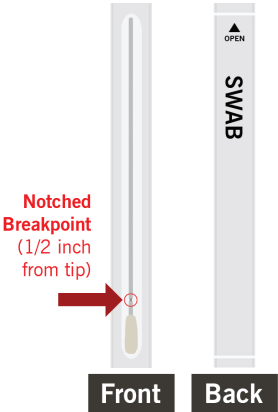
**Clear biohazard bag & absorbent sheet**  
(leave sheet in bag)




**COVID-19 test order requisition**



**Wrapped nasal swab**  
(arrow shows notched breakpoint)



**Labeled tube with clear liquid saline**  
(do not spill)



1. This product has not been FDA cleared or approved, but test has been authorized for emergency use by FDA under an EUA for use by authorized laboratories;
2. This product has been authorized only for the detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens; and
3. 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 Cosmetics Act, 21 U.S.C. § 360bbb-3(b)(1), unless the declaration is terminated or authorization is revoked sooner.



For use under an emergency use  
authorization only.  
For use by individuals 18 years or older.

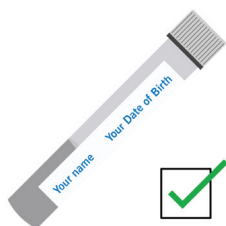
# SelfCheck COVID-19 Swabbing Kit Instructions

For more information and to watch a video of these instructions, please visit [clevelandclinic.org/selfcheck](https://clevelandclinic.org/selfcheck)

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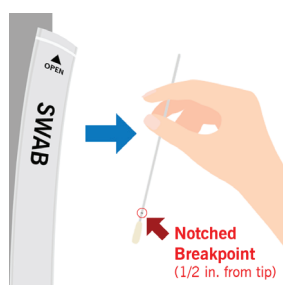
**Step 1:** Wash your hands. Open the SelfCheck kit, then lay the items on a clean surface. **Do not remove the absorbent sheet from the biohazard bag.** Use a mirror to help you swab your nose.



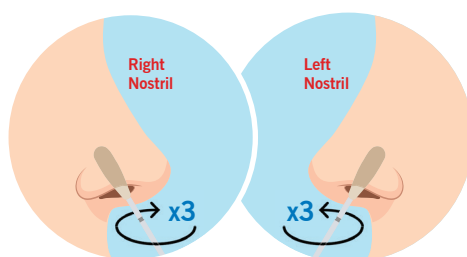
**Step 2:** Verify your **name & date of birth** on the tube's label. **If the label is incorrect, please contact the pharmacy that gave you the kit.**



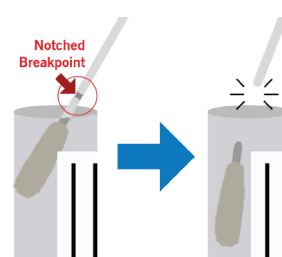
**Step 3:** Open the tube and set the cap down. **Do not spill the liquid inside.** Optional: If you have difficulty holding the tube while you swab your nose, place it upright in a clean cup or container.



**Step 4:** Remove the swab from its wrapper. **Do not touch the swab tip.**



**Step 5:** Place the swab inside your nose until the tip is no longer visible (about 1/2 an inch). Rub the inside of your nose three times using light pressure. **Repeat in the other nostril with the same swab.**



**Step 6:** While holding the tube in your hand, place the swab's tip near the top of the tube, then gently bend the swab back and forth until it snaps at the breakpoint.

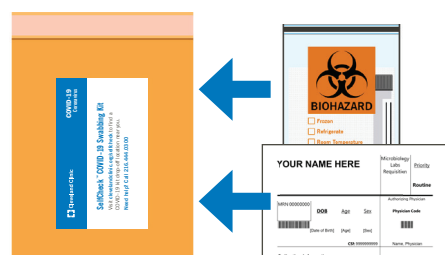


**Step 7:** Tightly screw the cap on the tube so it does not leak. **Your test will be canceled if it leaks.**



**Step 8:** Place the tube into the clear biohazard bag containing the absorbent sheet, then seal it closed.

**Step 9:** Write the **date & time** when you swabbed your nose on the test order.



**Step 10:** Place the test order & clear biohazard bag into the SelfCheck return envelope, then seal it closed.



**Step 11:** On the same day that you use your kit, return it to a SelfCheck drop-off box at a Cleveland Clinic Express Care Clinic or Outpatient Pharmacy.

Visit [clevelandclinic.org/selfcheck](https://clevelandclinic.org/selfcheck) to find a SelfCheck Kit Drop-off Box near you.

Your test results will be available in MyChart **within 72 hours.**

**Have a question?**  
**Call 216.444.0300**