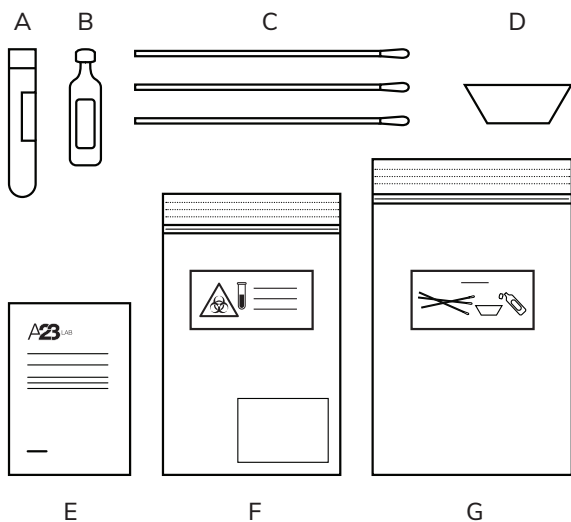


## The test kit contains:

- A Test tube with barcode
- B Vial marked "drop-it" with saline
- C Cotton swabs, 3 pieces
- D Spittoon, blue plastic cup
- E Instructions for self test (this paper)
- F Smaller BIOHAZARD plastic bag
- G Bigger TRASH plastic bag



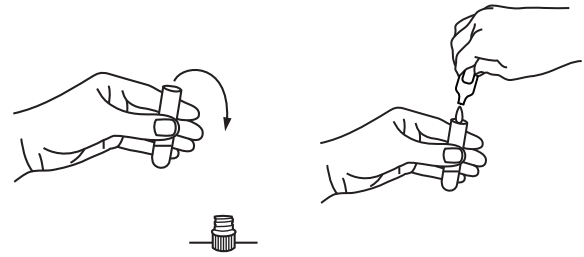
## Instructions for self test, sampling of throat, nose and saliva



[a23lab.se](http://a23lab.se)

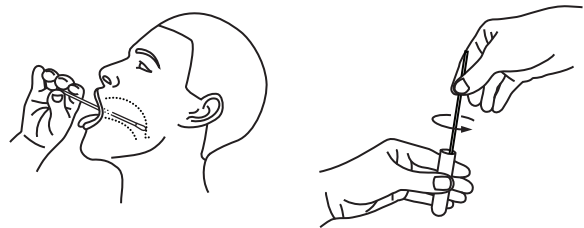
## Preparation before testing

1. If your nose is running - blow your nose first.
2. Take out the smaller plastic bag marked BIOHAZARD and place it next to you. Put the content from the bigger plastic bag marked TRASH on top of the smaller bag.
3. Take out the vial labeled "Drop-it" and open it, by twisting the top of the vial.
4. Take out the test tube, unscrew the lid and place the lid upside down next to you.
5. Empty the "Drop-it" solution in the test tube. Hold on to the test tube and discard the empty "Drop-it" vial in the bigger bag.
6. You are now to get three samples from yourself according to the instructions below.



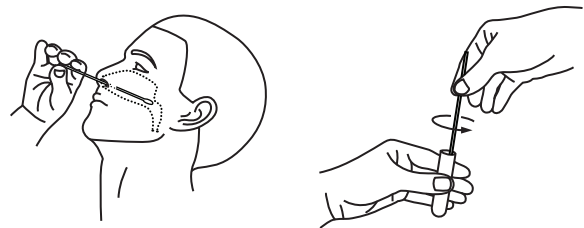
## Throat - sample 1

1. Take one of the cotton swabs. Stroke it on the inside of your cheek towards your throat, as far down as you can go. Do this for 20 seconds.
2. Put the top of the cotton swab in the test tube and stir it for 20 seconds.
3. Take the swab out of the test tube and put it in the bigger bag, marked TRASH.
4. Hold on to the test tube.



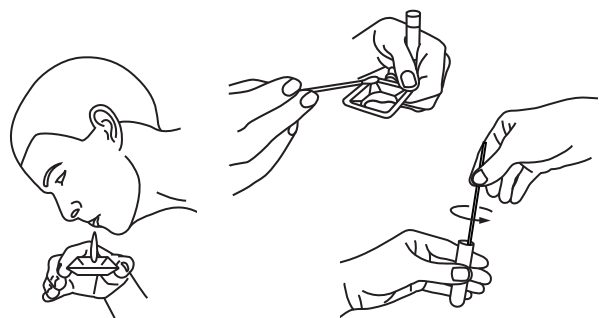
## Nose - sample 2

1. Take the second cotton swab and insert it in your nostril and go as far up as you can. Rotate for 20 seconds. Repeat the procedure in the other nostril, with the SAME cotton swab.
2. Put the swab in the test tube and stir it for 20 seconds. Take the swab out of the test tube and put it in the bigger bag, marked TRASH.
3. Keep holding on to the test tube.



## Saliva - sample 3

1. Take out the blue plastic spittoon and spit in it a couple of times so that the bottom of the cup is covered with spit.
2. Take the third cotton swab and stir it in the saliva so that it soaks.
3. Put the swab in the test tube and stir it for 20 seconds.
4. Take the swab out of the test tube and put it in the bigger bag, marked TRASH.
5. Discard the spittoon in the TRASH bag.
6. Carefully screw the lid back on the test tube and place it in the BIOHAZARD bag.



## After the samples are done

1. Hand in the sample bag at the location indicated at the time of booking.
2. Dispose the TRASH bag in the household garbage.
3. Wait for the test result, which should arrive within 48 hours.

