

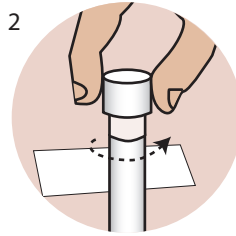
Throat Swab

Take this swab first

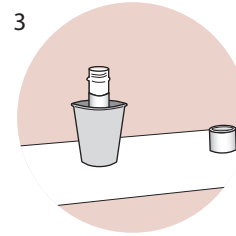
Please read all instructions before taking your sample.



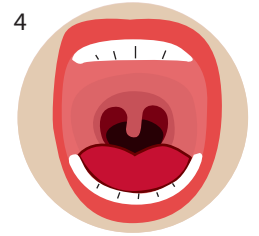
1 Wash your hands with soap and water.



2 Spread a paper towel down on a flat surface.
Twist the cap off the tube that has T on the red sticker.



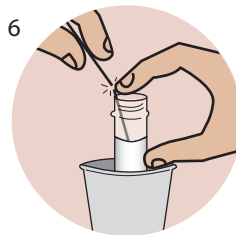
3 Put the cap foil side down on the paper towel.
Put the tube upright in a cup or glass.



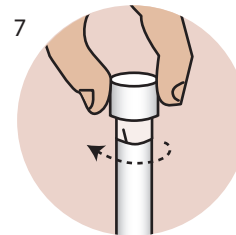
4 Take the swab out of the package. Open your mouth as wide as you can, take a deep breath and hold it.



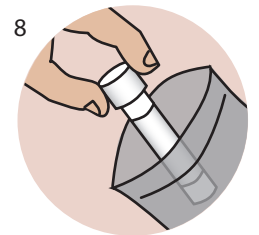
5 Trying not to touch your tongue, put the swab to the very back of your throat (it's OK if you accidentally touch your tongue).
Rub the tip firmly and quickly from one side of your throat to the other and back.
It's OK if you gag.



6 Take the swab out and put it in the tube.
Break the swab at the score line.
If the liquid in the tube spills out, ask for a new tube.



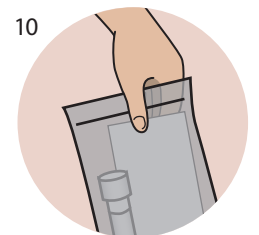
7 Put the cap back on the tube tightly.



8 Put the tube in the plastic "Biohazard" bag that also contains the paper lab form. Close the bag.



9 Wash your hands with soap and water.



10 Within 1 week, bring the plastic bag with your swab(s) and lab form back to the LifeLabs location where you picked up the swab kit.

Worried you're not doing this correctly? Research shows that collecting your own swab is just as effective as having it done by a nurse or doctor.

Your results will be ready in 7-12 days. You will receive an email from GetCheckedOnline letting you know when your results are ready.

