

SELF-SAMPLING INSTRUCTIONS

Strictly follow the instruction during self-sampling.

▲ Aumed a.s. Komořanská 326/63, Praha



CAUTION BEFORE USE:

The self-sampling is best done in the morning before performing your regular oral hygiene. Wash your hands properly before using the test. Store the collected sample at 4-37 °C, it will be stable for at least 1 week. **Do not expose to frost!**



06.

Spit the contents of your mouth into the measuring cup.



01.

Before using the test, fill out the application form, which is located on the other side of this instructions. **Stick the barcode onto the transport tube and paper application form.** Write your name and birth number on the label on the transport tube.



07.

Carefully pour the liquid contents into the enclosed plastic transport tube. **The tube contains stabilizing powder which you must not spill.**



02.

Fill tap water in the enclosed measuring cup to the **5 ml** line.



08.

Close the tube and shake it slightly.



03.

Take the breath and cough. This will increase the possibility of infection detection in the lower respiratory tract.



09.

Insert the closed and marked transport tube together with the absorption insert into the smaller plastic bag and close it.



04.

Pour the contents of the measuring cup into your mouth – do not swallow! If you accidentally swallow repeat the procedure from step 2.



10.

Place the packet tube with absorption insert into the larger bag and seal it.

20–30 s



05.

Gargle from 20 to 30 seconds. You can gargle intermittently. However, keep total recommended minimal gargling time.



11.

Place the tube in a sealed outer bag in the undamaged box. Attach a completed application form with the stuck barcode. Take the box to the collection point.

Self-sampling set contains: transport plastic test tube, disposable water measuring cup, application form and self-collection instructions, 2x bar code, large and small plastic bag, transport box, absorption insert