HOW TO PERFORM YOUR NASAL SWAB

What's inside your kit: 1X swab, 1X plastic tube, 1X biohazard bag, 1X instructions (keep this sheet), 1X name label, 1X FedEx Pak

Shelf Life: 60 days

1. ACTIVATE
   - Go to activate.empowerdxlab.com to activate your kit
   - Enter the 10 digit kit activation code found under your barcode in your empowerDX kit "EDX-__-__-__-__
   - You MUST collect & ship your sample the day you activate your kit to get results.

2. PREP
   - Wash and dry your hands
   - Place all the contents on a clean, dry surface
   - Failure to follow these instructions may lead to inaccurate test results – please keep this sheet to reference your kit activation code

3. LABEL
   - On the name label that is loose in your kit, clearly write your name, date of birth and date of collection
   - Place the name label lengthwise on the plastic tube – do not cover the barcode
   - Make sure to use the exact name you used to purchase – if the name doesn’t match, you will NOT get results

4. SWAB TWICE
   - Place the collection tube on a flat surface and screw off the top
   - Do not spill or drink the liquid – the swab must be returned with liquid
   - Take the cotton swab out of its package without touching the tip
   - Hold swab in one hand & collection tube in the other
   - Insert the tip of the cotton swab into one nostril until the cotton tip of the swab is no longer visible
   - Rotate the swab in a circle around the entire inside edge of your nostril at least 3 times
   - Take the cotton swab out of your nostril
   - Using the same end of the cotton swab, rotate the swab 3 times in your other nostril

5. SCREW
   - Remove the cotton swab from your second nostril
   - Place the used end into the collection tube first so it is fully covered with liquid
   - Tightly screw on the top of the collection tube so it doesn’t spill

6. INSERT
   - Wash and dry your hands thoroughly again
   - Insert collection tube into the biohazard bag, leave the white absorbent pad in the bag and close the zip lock seal
   - Place the biohazard bag into the kit box

7. SHIP TODAY
   - Place the kit box in the pre-labeled FedEx Pak, remove the adhesive cover strip and seal the FedEx Pak closed
   - Ship the FedEx Pak by finding the nearest FedEx drop box: bit.ly/fedexdropbox (Monday-Friday only)
   - Ship on the day you collect & activate your kit or your sample may not be tested
   - Please take note of the return label tracking number on the FedEx Return Pak to know when your kit reaches the lab