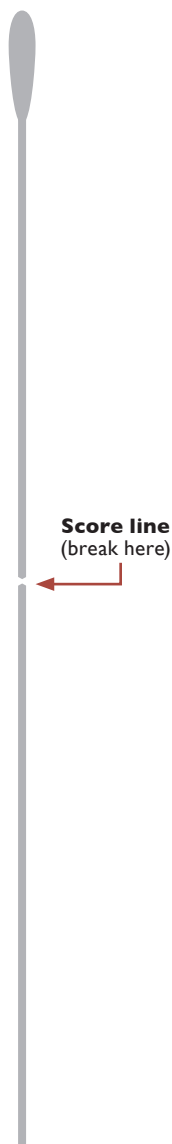


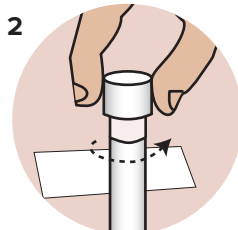
How to do a throat swab

Please read all instructions before taking your sample.

- If you spill liquid from the tube, tell a staff member. They will give you a new kit for you to start again.
- Use the correct tube for each body part if you are collecting more than one sample. Finish collecting one sample before starting the next in this order: 1) throat, 2) vaginal, 3) rectal.
- There is no doctor or nurse at LifeLabs to help you collect your sample. Collecting your own swab is as effective as having a nurse or doctor do it.
- You can bring the kit home if you want to or you can collect at LifeLabs. If you bring the kit home, bring it back to the same LifeLabs location within one week.
- Your results will be ready in about one week. You will get an email from GetCheckedOnline when your results are ready.

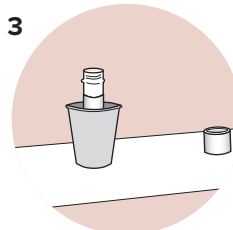


Wash your hands with soap and water.



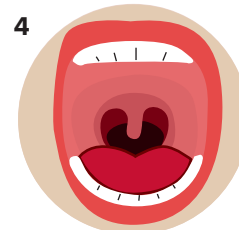
Lay a paper towel down on a clean and flat surface.

Twist the cap off the tube and put the cap down with the inside surface facing up.

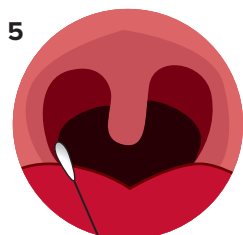


Put the tube upright on the flat surface.

You can use a cup to keep the tube upright if you want.



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



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).

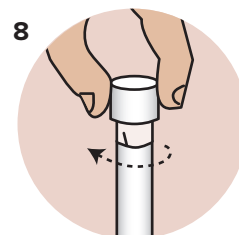


Rub the tip firmly and quickly from one side of your throat to the other and back. It's OK if you gag.

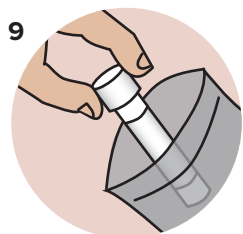


Put the soft end of the swab in the tube.

Break the swab at the score line by pressing it against the side of the tube.



Twist the cap back on the tube tightly.



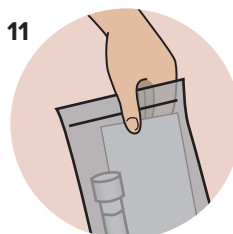
Put the tube in the plastic "Biohazard" bag.

Make sure your lab form is in the front pocket of the bag.

Close the bag.



Wash your hands with soap and water.



Give the plastic bag with your swab(s) and lab form to a staff member.

Video Instructions:

