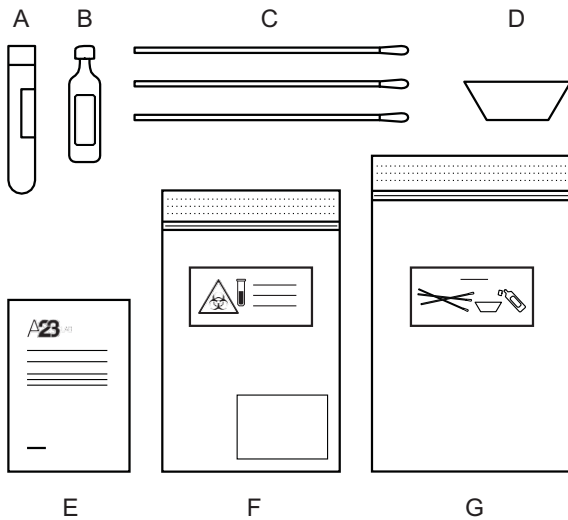


The test kit contains:

- 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-testing (this paper)
- F Smaller BIOHAZARD plastic bag
- G Bigger TRASH plastic bag



Instructions for self-testing, sampling of throat, nose and saliva



abclabs.se

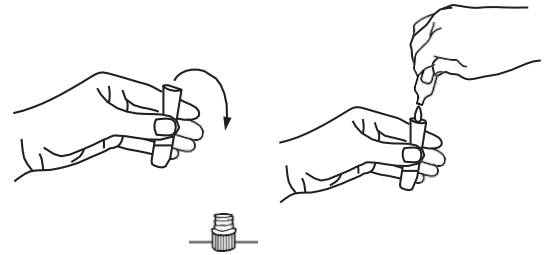
In Swedish

This document is available in Swedish at:

<https://abclabs.se/sv/sa-funkar-vara-tester/>

The test kit contains:

1. If your nose is running – blow your nose in your own napkin first.
2. Take out the smaller plastic bag marked BIOHAZARD (F) and place it next to you. Put the content from the bigger plastic bag marked TRASH (G) on top of the smaller bag (F).
3. Open the package with the cotton swabs (C). Take out the vial labeled "Drop-it" (B) and open it, by twisting the top of the vial.
4. Take out the test tube (A), unscrew the lid and place the lid next to you.
5. Empty the "Drop-it" solution (B) inside the test tube (A). Hold on to the test tube (A) and discard the empty "Drop-it" vial in the bigger bag (G).
6. You will now perform three tests on yourself, in accordance with the instructions below.

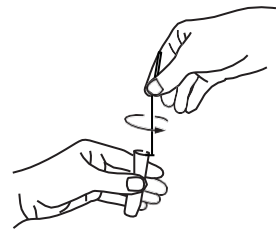


Throat - sample 1

1. Take one of the cotton swabs (C). 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 (C) in the test tube (A) and stir it for 20 seconds. **Do not leave the cotton swab inside the test tube.**
3. Take the swab (C) out of the test tube (A) and put it in the bigger bag, marked TRASH (G).
4. Keep holding on to the test tube (A).



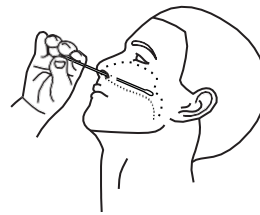
20 sek



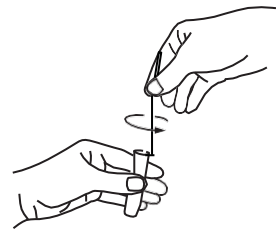
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Nose - sample 2

1. Take the second cotton swab (C), 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 (C).
2. Put the cotton swab (C) in the test tube (A) and stir it for 20 seconds. **Do not leave the cotton swab inside the test tube.**
3. Take the cotton swab (C) out of the test tube (A) and put it in the bigger bag, marked TRASH (G).



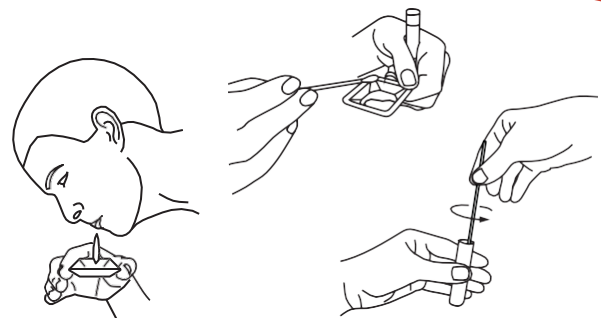
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20 sek

Saliva - sample 3

1. Take out the blue plastic spittoon (D) 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 (C) and stir it in the saliva so that it soaks.
3. Put the cotton swab (C) in the test tube (A) and stir it for 20 seconds. **Do not leave the cotton swab inside the test tube.**
4. Take the cotton swab (C) out of the test tube (A) and throw it in the bigger bag, marked TRASH (G). Throw the spittoon (D) in the bigger bag, marked as TRASH (G).
5. Carefully screw the lid back on the test tube (A) and place it in the BIOHAZARD bag (F).
6. Place the compress in the BIOHAZARD bag (F).



20 sek

After the sampling has been performed

1. Hand in the BIOHAZARD bag (F) at the location indicated at the time of the booking. Dispose the TRASH bag (G) in the household garbage.
2. Wait for results which will be published at 1177.

