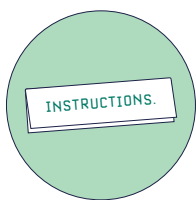
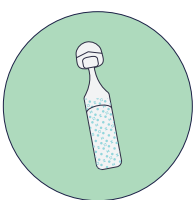


# INSTRUCTIONS

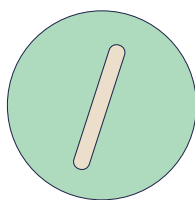
## THE TEST CONTAINS:



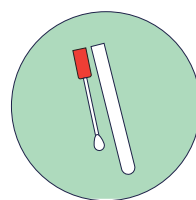
INSTRUCTIONS



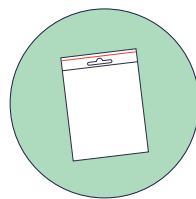
AMPOULE WITH  
SALINE SOLUTION



TONGUE DEPRESSOR



SAMPLING SWAB



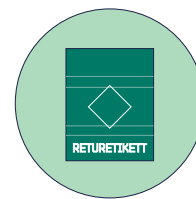
ZIP BAG



ANALYSIS CODE



DISEASE CONTROL  
NOTE



RETURN LABEL

# Self-test COVID-19

Hi! This is Dynamic Code's self-test kit for COVID-19. The test takes just a few minutes to complete and is then sent to our lab for analysis. The result, which you receive within one working day after the test arrives at our lab, can be obtained from our website when you enter your analysis code. If the testing materials are damaged, they should not be used, and you should contact us for a new test kit.

→ When you have taken the test, you should send it back the same day. Don't post it just before weekends or public holidays, as no deliveries are made during these times. If the test is older than three days, we cannot analyse it.

## PREPARATION



### 1. READ THROUGH THE INSTRUCTIONS

Begin by washing and drying your hands thoroughly. Read through all the instructions before you begin the test, so that you do not miss anything important. Take everything out of the box so that you have it in front of you.



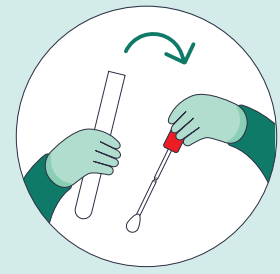
### 2. KEEP ANALYSIS CODE & FILL IN THE DISEASE CONTROL NOTE

- a) Together with the disease control note is your analysis code, which is needed in order to collect your test result. Tear off the code and keep in a secure place.
- b) Fill in and sign the disease control note. If the individual taking the test is under 18, their parent or guardian should sign.
- c) Put the disease control note back in the box.



### 3. WASH YOUR NOSE WITH THE SALINE SOLUTION

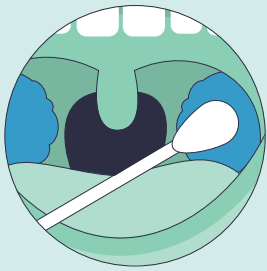
- a) If you have a runny nose, blow it first.
  - b) Unscrew the seal at the top of the saline solution ampoule. Tip your head back and drip roughly half of the solution in one nostril. Drip the rest in the other nostril.
- Wait a moment (10-15 seconds) for the solution to begin working, and let it pass through the throat.



### 4. PREPARE FOR SELF-TESTING

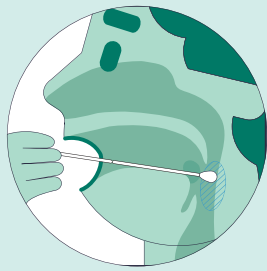
- a) Take the sampling swab.
- b) Be sure to have good lighting when you do the test. Stand in front of a mirror or the person who you are helping take the test.
- c) Unscrew the test tube top. Be sure not to touch the soft part of the sampling swab.

## SAMPLE COLLECTION



### 5. TAKE SAMPLES FROM YOUR TONSILS AND THROAT WALL

- a) Tip your head back slightly and open your mouth wide to get a clear view of your tonsils.
- b) Use the tongue depressor to hold the tongue away from the back-most part of the mouth.
- c) Rub the sampling swab on your tonsils on both sides for 5-7 seconds. Try to avoid touching other parts of the mouth.

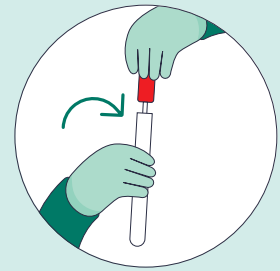


- d) Now push the swab past the tonsils, to the wall of the throat. Scrape and rub the sampling swab against the mucous membrane for 5-7 seconds. The gag reflex means that you are in the right place.
- e) Continue with the testing in the nose (step 6) with the same swab, without putting it down in-between the steps. Throw away the tongue depressor.



### 6. TAKE SAMPLES FROM YOUR NOSE

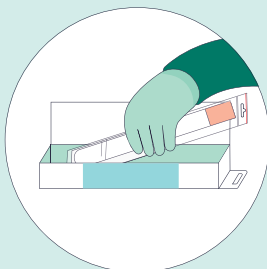
- a) Push the soft part of the sampling swab 2-3 centimetres up in one nostril and rotate it against the wall of the nostril for 5-7 seconds.
- b) Repeat the sample collection in the same way in the other nostril.



### 7. SEAL THE SAMPLE

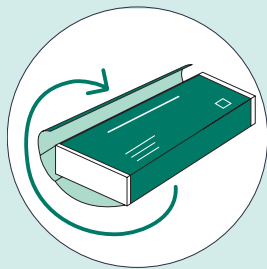
Place the sampling swab back in the tube straight away, without putting it down anywhere in-between the steps, and seal properly with the tube top.

## RETURN AND RESULTS



### 8. PACK UP THE TEST

- a) Put the tube with the sampling swab in the zip bag and seal.
- b) Put the zip bag with the test tube in the box.
- c) Fold in the tabs on the lid and close the box.
- d) Fold and tape shut the hanging tab of the box.



### 9. RETURN THE TEST

- a) Peel off the backing on the return label. Begin by affixing the label to the front of the box, and then wrapping it around the box so that it is wrapped all the way around to the front again. Ensure that the return address and the postage information are visible.
- b) Return the test the **same day** by posting it at a normal letterbox.



### 10. COLLECT YOUR RESULT

Collect your result by going to [dynamiccode.com](https://dynamiccode.com) and entering your analysis code. The result is ready within one working day of the test arriving at our lab.

#### CHECK-LIST

Make sure you have done the following:

- Filled in the disease control note and put it back in the box.
- Taken samples from the throat and the nose according to the instructions.
- Packed the test tube first in the zip bag and then in the box.
- Fixed the return label to the box.
- Sent the test back on the same day that it was taken.