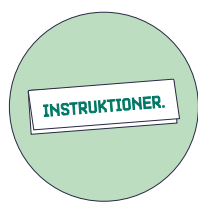
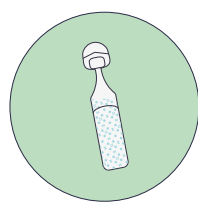


# INSTRUCTIONS

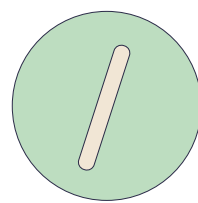
## TEST KIT CONTENTS:



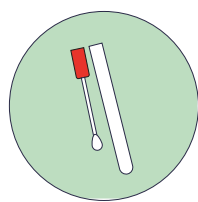
INSTRUCTIONS



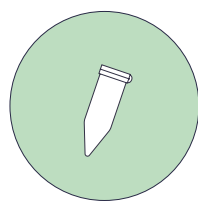
SALINE SOLUTION  
AMPOULE



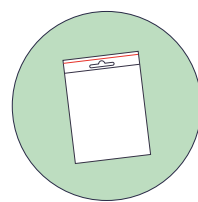
TONGUE SPATULA



SWAB



SALIVA  
COLLECTION TUBE



ZIP BAG



Hello! This is Dynamic Code's COVID-19 self-swab kit. The swab takes only a few minutes to complete and will be sent to our lab for analysis. Your healthcare provider will contact you when the test results are ready.

**Tip!** If you don't have a mirror and/or good lighting, you can use your mobile phone as a mirror when doing the throat swab by filming yourself with the front camera, or as lighting by using the mobile's photo lamp.



### 1. READ THE INSTRUCTIONS

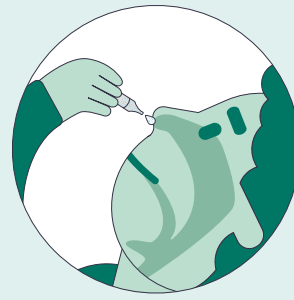
Start by cleaning your hands with hand sanitizer.

Read through the full instructions before starting the test so you don't miss anything important.



### 2. CHECK THE DATA

Take the tube with the swab and check that your personal data on the label is correct.

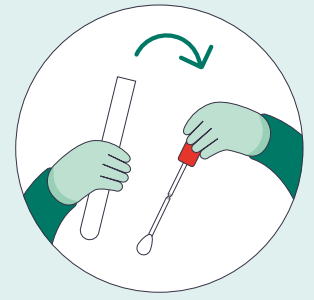


### 3. RINSE YOUR NOSE WITH SALINE SOLUTION

a) Blow your nose if you have mucus in the nose.

b) Twist off the seal at the top of the saline ampoule. Tilt your head back and drip about half of the solution into one nostril.

Drip the rest into the other nostril. Leave for a short while (10-15 seconds) and let the solution pass the throat by swallowing.



### 4. PREPARE FOR THROAT SWAB

a) Take the tube with the swab.

b) Make sure you have a mirror or mobile phone with a camera to look down your throat.

c) Unscrew the lid on the tube and remember not to touch the soft part of the swab.



### 5. SWAB THE TONSILS AND BACK OF THE THROAT

a) Look in the mirror. Tilt your head slightly back and open your mouth wide to get a clear picture of the tonsils.

b) Use the spatula to hold down the back of your tongue.

c) Rub the swab on the tonsils on both sides of the throat for 5-7 seconds. Try to avoid touching other parts of the mouth.



d) Now move the swab past the tonsils to the back of the throat. Scrape and rub the swab against the mucous membrane for 5-7 seconds. If you feel a vomit reflex, it means you're in the right place.

e) Proceed to step 6 without putting the swab down.

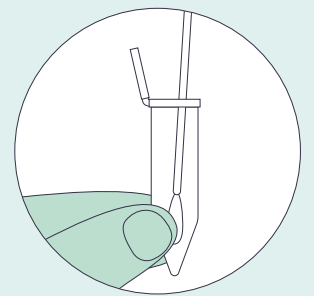


### 6. NASAL SWAB

a) Insert the soft part of the swab 2 to 3 centimetres into one nostril and rub it around the nostril for 5-7 seconds.

b) Swab in the same way in the other nostril.

e) Proceed to step 7 without putting the swab down.



### 7. DIP IN SALIVA

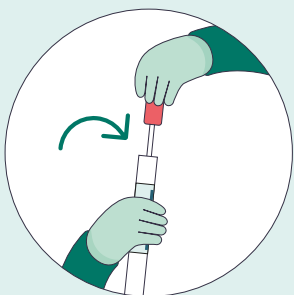
a) Take the saliva collection tube and open the lid.

b) Spit 2-3 times into the saliva collection tube.

c) Dip the swab into the saliva and rotate a couple of turns.

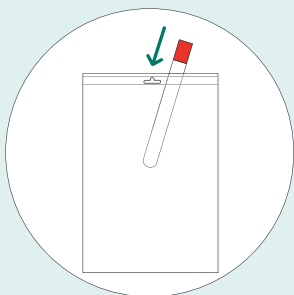
d) Discard the saliva collection tube.

e) Proceed to step 8 without putting the swab down.



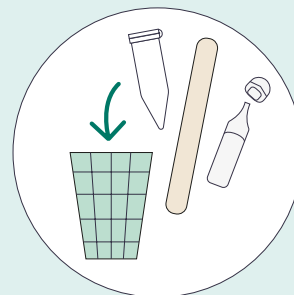
### 8. PUT THE LID ON

Put the swab back directly into the tube and press the lid firmly on.



### 9. PACK THE SWAB

Place the tube with the swab in the zip bag and seal.



### 10. DISCARD OTHER MATERIALS

Toss the saliva collection tube, spatula and saline ampoule into your regular household waste.

These should not be delivered with the swab.



### 11. DELIVER AND WAIT FOR RESULTS

Take the swab to the staff at the test site.

You will receive the test result via 1177.se as soon as it is analysed and ready.