

hello!



Step 1

Prepare To Ship Collection Sample Back To My Labs Direct

Before testing, arrange to return your collection sample the same day you test.

Your pre-paid FedEx return label is included.

Contact FedEx to have your sample picked up or you may drop off at a FedEx location.

Call 1-800-GoFedEx and tell the agent you are shipping an at-home UN3373 test kit, or visit

[fedex.com/labreturns](https://www.fedex.com/labreturns)

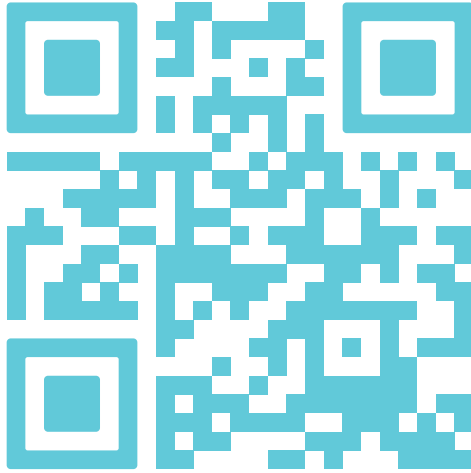


Call or text 877-355-7978 to see if your kit qualifies for **free doorstep pickup**.



Testing on Friday? Please call or text 877-355-7978 for a Saturday delivery return label!





Step 2

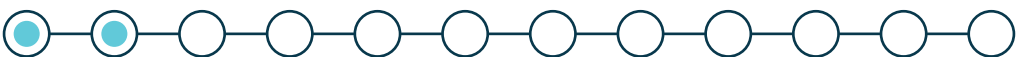
Register Test Kit

Before testing, register test kit at

kits.mylabsdirect.com

You will need your unique test kit ID.

Test cannot be completed without registration.





Please Read Before Continuing

Your At Home Test must be supervised remotely by one of our telehealth providers or you can submit a video recording of your self-administered test.

- For FREE telehealth support schedule your **appointment here** or call **877-355-7978**.
- To self-record please proceed and note **steps 6-10** must be recorded and uploaded.

**One of the above options must be utilized for test to be valid.*



Step 3

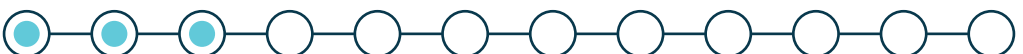
Visual Learner?

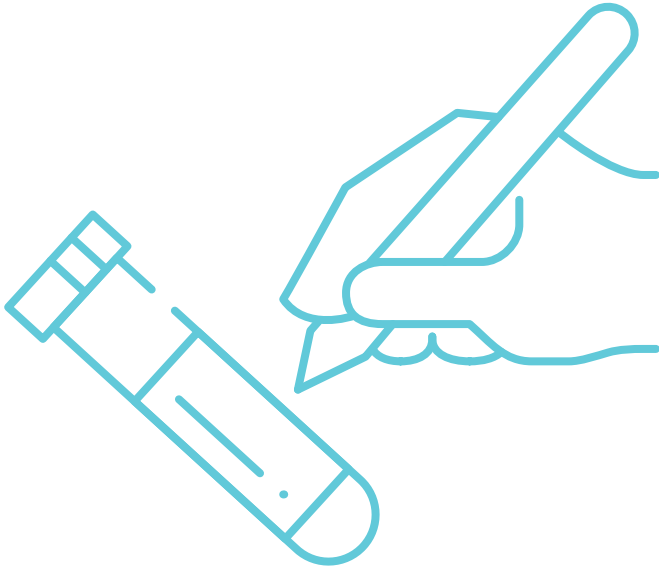
Click here to watch a quick tutorial video on how to administer your test, or click next to view step by step instructions.

Printed these instructions out?

Check out the video at:

<https://www.youtube.com/watch?v=yTe5mY7wim4>



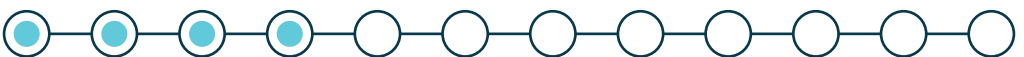


Step 4

Fill Out Unique Test Kit ID Sticker

Clearly write your first and last name, date of birth, and the date of sample collection on the kit ID label. Personal information must be the same as the information used when you registered.

Attach kit ID label on the blank side of tube.

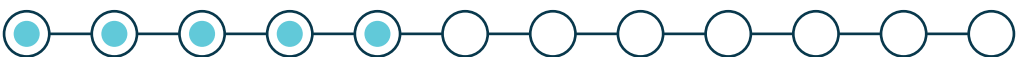




Step 5

Prep Space and Wash Hands

Disinfect surfaces where you will be testing. Gently blow your nose. Wash your hands with soap and water for 30 seconds prior to performing your test.





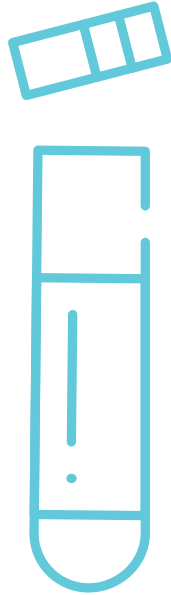
Please Read Before Continuing

If you are not connected to telehealth support, be prepared to video record your test.

The following steps 6 through 10 must be included in your video submission for your test to be valid.



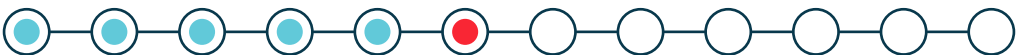
This step must be recorded



Step 6

Prepare To Test

Uncap test tube. Remove swab from packaging without touching the cotton tip. Hold cotton swab in one hand and test tube in the other.





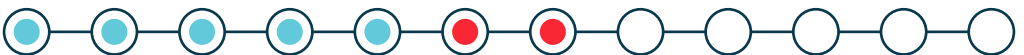
This step must be recorded



Step 7

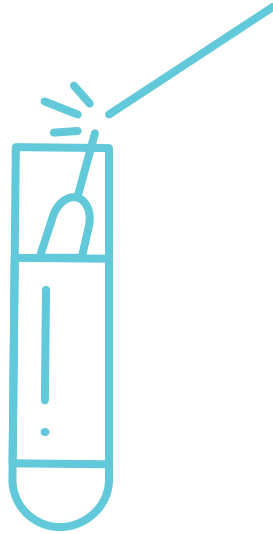
Collecting Swab Sample

Tilt head back slightly. Insert cotton swab into nostril until you feel pressure, approximately half of an inch. You should not be in pain. Rotate the swab 3 times around the nasal wall touching the entire inner wall of nostril. Remove swab. Repeat this procedure in the opposite nostril using the same swab.





This step must be recorded



Step 8

Place the Swab in Sample Tube

Insert swab sample (cotton tip down) into the sample tube. Do not spill liquid. Cotton swab should be placed inside the liquid. Snap the swab stick so that it fits inside of the sample tube (refer to video for clarification).

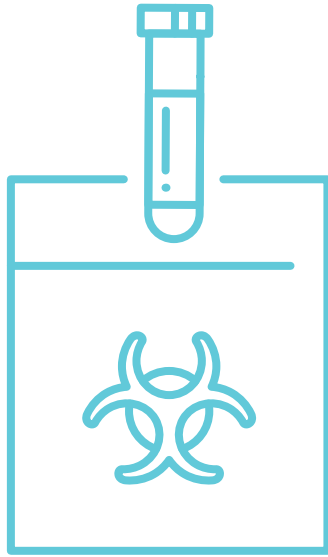
Discard broken piece.

Tightly seal cap.





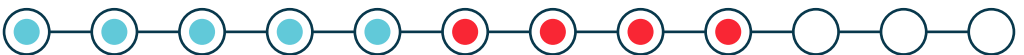
This step must be recorded



Step 9

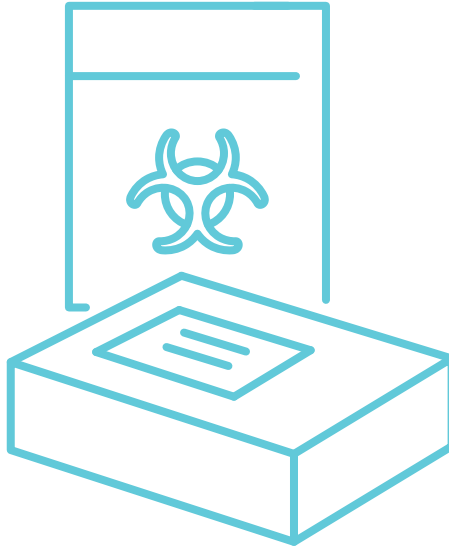
Prepare Sample For Return

Insert sample tube into small biohazard bag with absorbent sheet. Seal tightly.





This step must be recorded



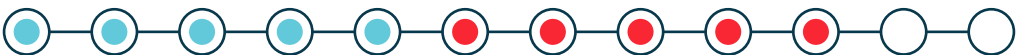
Step 10

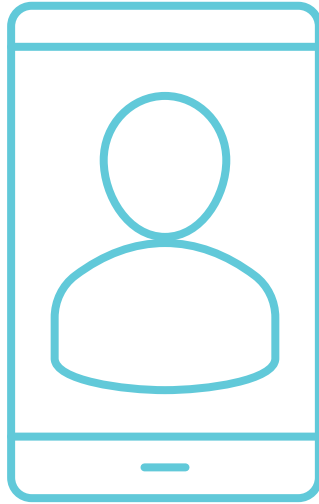
Package Items for Return

Place biohazard bag into return box and close box.

Place box into UN 3373 return bag and apply the shipping label to the bag. Seal bag tightly. Wash hands then disinfect the exterior of the package using alcohol pad or wipe before shipping.

Do not cover the UN 3373 stamp.





Stop Recording

Sample Collection is Complete

If you self-recording, you may now stop recording and submit video to MyLabsDirect using the link below.

<https://registerkit.mylabsdirect.com/step/12>



Step 11

Ship

Deliver your prepaid and addressed return test kit to a FedEx drop box.

To maintain sample stability, it is recommended that you ship your sample to the lab within 24 hours of collection.

Drop the shipment in a FedEx drop box or at a FedEx location.

Visit [fedex.com/labreturns](https://www.fedex.com/labreturns) to find FedEx drop-off locations.

Call 1.800.GoFedEx and tell the agent you are shipping an at-home UN3373 test kit if you need additional assistance.



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Step 12

Results

To view your results, log into your profile at [MyLabsDirect.com](https://www.mylabsdirect.com). Your results will be accessible 24-48 hours after your sample is received at the lab.



you're all done!

Questions? We've got answers.

Call or text 877-355-7978

Email info@mylabsdirect.com

