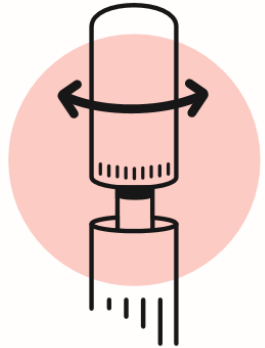




STEP 1

Wash your hands and avoid eating, drinking, smoking or brushing your teeth at least 30 min before beginning the sample collection process.



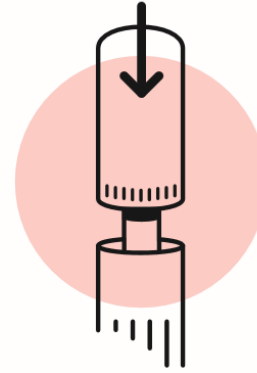
STEP 2

Open the sterile swab by firmly pulling and twisting the lid. Do not touch the head of the swab with your fingers to avoid contamination.



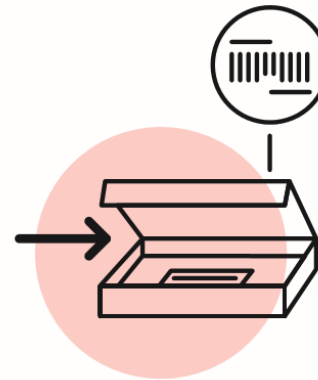
STEP 3

To collect your saliva sample, insert the head of the swab into your mouth and brush firmly against the inside of your cheek in a circular motion for approximately 1 minute. **Repeat this process again on the other side.**



STEP 4

Immediately after collection, carefully reinsert the swab back into the container and push the lid firmly to click back into place.



STEP 5

Place the swab back into the box and seal the box. Put the pre-paid sticker with address and barcode on top, and take it to your local postoffice or drop off point. Please ensure the package is scanned in order to trace your sample.

You can track the progress of your sample by logging into your Nomige account.