## COVID-19 At-home Test Kit Instructions



## Register your sample at 1health.io/register.

This must be done prior to collecting a sample. The sample must be registered under the name of the individual being tested.

Each individual must use a unique email address. To use the same email address for multiple people, follow the formula below:

Registering a kit for self: janesmilth@gmail.com Registering child 1: janesmith+bobby@gmail.com Registering child 2: janesmith+sam@gmail.com

O2 Follow directions provided after online registration to collect saliva sample.

When you are ready to start the test, wash and dry your

hands and open your test kit on a clean surface.

DO NOT: eat, drink, smoke or chew gum for 30 minutes before collecting the sample.

A video tutorial is available.

- O3 Place collected sample in biohazard bag and seal bag. Place biohazard bag in box and seal box.
- Place sealed box in prepaid FedEx return mailer. Drop off at any designated FedEx drop box location. For a list of locations, visit <a href="https://fedex.com/en-us/shipping/dropbox.html">https://fedex.com/en-us/shipping/dropbox.html</a>.
  Note: You must return via FedEx.
- Use 1health online portal to view your test results.