How to Use this Kit

Carefully read all the instructions before beginning self-collection. If you are a parent or guardian collecting a sample for a child ages 2-13, please read the instructions (on the reverse side) carefully and follow the directions step by step for your child. If you are under 18 years of age, please ask your parent/guardian to review the instructions and provide assistance, including returning the kit to the closest drop box.

1. Visit testyourself.dc.gov from your mobile phone or desktop computer.

2. Register your kit by performing the following steps:
   - Enter the BLUE numbers printed on your sample tube when prompted on the website.
   - Enter the RED numbers printed on your sample tube when prompted on the website.
   - Provide your name, demographic information, and insurance information, if applicable.
   *Note: You MUST register your kit before you drop it off. If you do not, the sample will be discarded!

3. Collect a nasal swab sample (instructions on reverse side) after carefully reviewing the instructions

4. Package the kit as specified on the reverse side.

5. Return the kit by 8 PM the same day you collect the sample to your closest drop box. Find locations near you at testyourself.dc.gov
   *(Reminder: You must register your kit before you drop it off.)*

6. You will receive your results by email (and text, if you opt in).

Important
You must complete your test and return it to an appropriate drop box by 8 PM on the same day you register. **Samples dropped off after 8 PM will be discarded!** Find drop box locations near you at testyourself.dc.gov

*Insurance information is not required. By providing insurance information, the District of Columbia will seek reimbursement for the cost of testing from your insurance company, you will not be responsible for any charges, to include co-pays, regardless of whether you provide insurance information.
1. Carefully read all the instructions before beginning the self-collection. If you are a parent or guardian collecting a sample for a child ages 2-13, please read instructions carefully and follow directions step by step. If you are under 18, ask your parent or guardian for help with these instructions.

2. When you are ready to collect your sample, register your kit online at testyourself.dc.gov and enter the blue test code and red specimen ID numbers found on the specimen tube, in addition to the requested demographic information. Your kit MUST be registered PRIOR to returning your sample, otherwise it will be discarded!

3. Visit testyourself.dc.gov to view drop box locations. You MUST bring your sample to a drop box on the same day you collect it, before 8 PM. If you are under 18, ask your parent or guardian to assist locating/returning the sample to your nearest drop box.

4. Wash and dry (or use sanitizer) your hands before continuing. Place all items on a clean surface.

5. Remove the swab from the package and hold the swab by the shaft. Do not touch the swab tip.

6. Unscrew the top of the sample tube. Hold the swab in one hand and the collection tube in the other. Be careful not to spill the liquid. Do not drink the liquid.

7. Insert the tip of the swab into one nostril - the tip of the swab should be only be inserted until the swab is no longer visible. Rotate the swab in a circle around the entire inner surface of your nostril at least three times. When collecting a sample for a child, be careful not to insert the swab too far into the nostril.

8. Remove the swab from your nostril. Repeat the swabbing procedure (step 7) in your other nostril using the same end of swab as before.

9. Remove the swab from your second nostril and place the swab in the sample tube. The end of the swab that was in your nose should go in the tube first so that the tip end is sitting in the liquid. Screw the top of the collection tube on tightly.

10. Wash and dry your hands thoroughly again (or use sanitizer). Insert the sample tube into the biohazard specimen bag. Do not remove the absorbent pad in the bag. Seal the biohazard specimen bag by closing the zip lock seal completely.

11. Insert the biohazard specimen bag into the return envelope. Remove the adhesive strip and seal the envelope. Be sure to keep the collection instructions in case you need help retrieving your results. All other materials may be discarded.

12. Drop the return envelope in one of the District’s specimen collection drop boxes by 8 PM the same day you collect your sample. Your sample MUST be collected the same day it is dropped off, and your sample must be registered prior to drop off. You can find the closest drop box at testyourself.dc.gov

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Government of The District of Columbia
Muriel Bowser, Mayor