

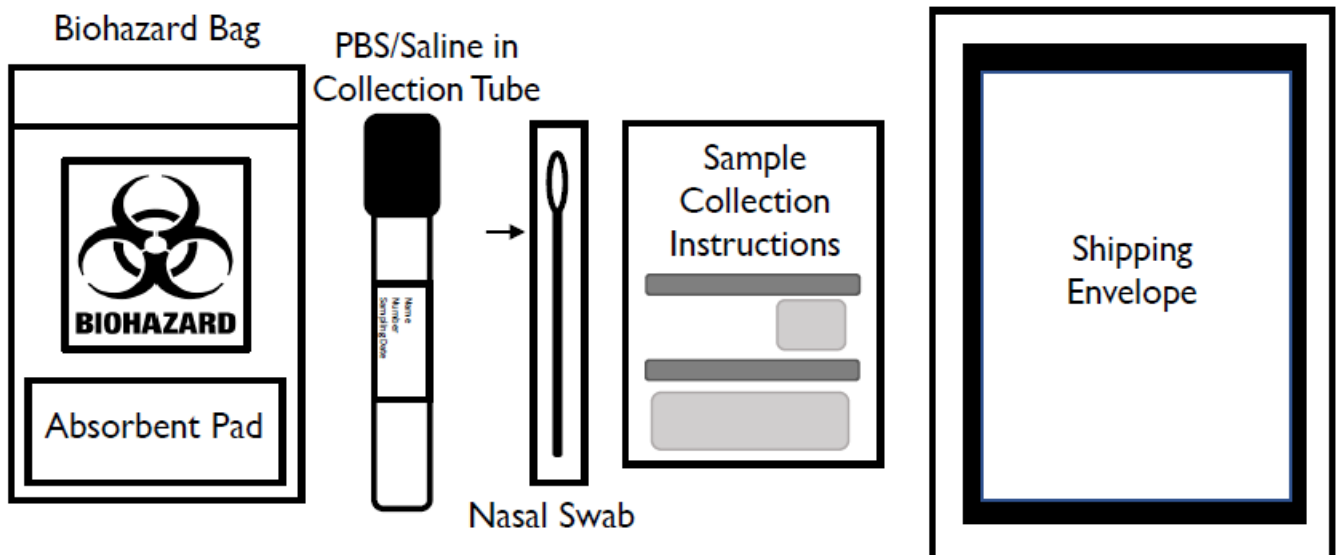
Please carefully read and follow all instructions.

It's important that you complete the test steps as carefully as possible to ensure your sample can be processed in the lab. This test is for in vitro diagnostic use and is for use under Emergency Use Authorization only. For use by individuals 18 years and older.

Rx Only.

For in vitro diagnostics use.

## COMPONENTS



### 1 Login and register

- Go to [www.lighthouselabservices.com/athometesting](http://www.lighthouselabservices.com/athometesting) and activate your kit using the unique bar code provided on your collection tube. NOTE: Your sample MUST be dropped off the same day you activate and collect your sample.



### 2 Wash hands\*

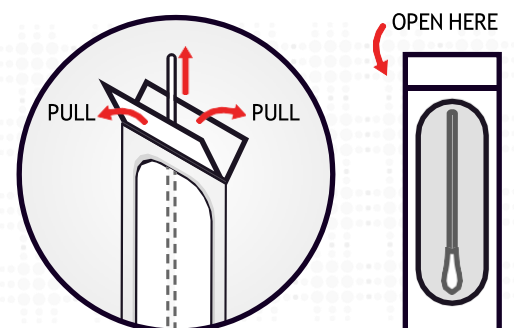
In order to get a good sample, it's important that your hands are clean.

- Wash your hands with soap and warm water for 20 seconds and dry them thoroughly with a clean towel. If a sink or soap is not available, then apply quarter size amount of hand sanitizer that is at least 70% alcohol and briskly run hands together for 20 seconds or until dry



### 3 Open nasal swab

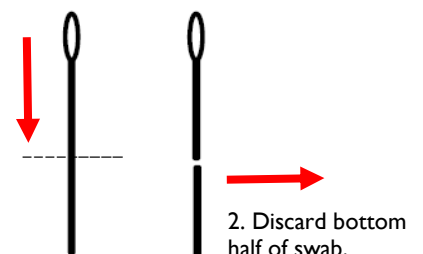
- Remove the nasal swab from the wrapper. Many open like aband-aid, where you pull the ends of the wrapper apart.
- Be careful to only touch the swab handle, not the tip.



### 4 Break swab

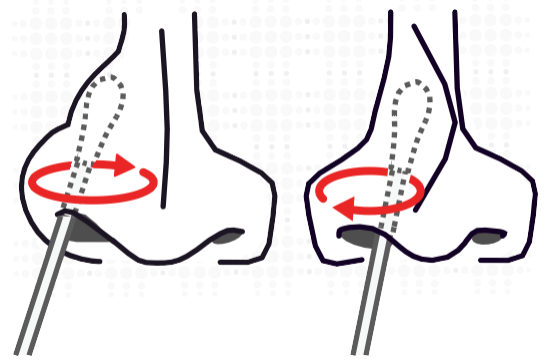
- Break the stick of the swab in the middle.
- Discard bottom half of the swab not connected to the soft tip.
- Be careful to only touch the swab handle, not the tip.

1. Break Swab at dotted line.



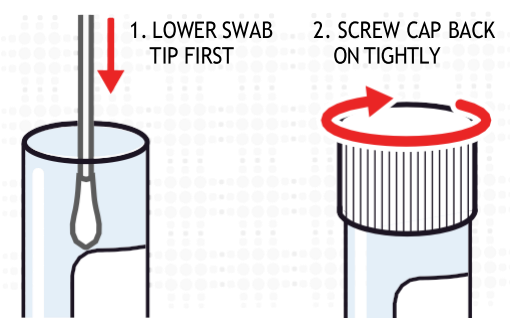
## 5 Swab both nostrils

- Gently insert the entire soft tip of the swab into one nostril until you feel a bit of resistance.
- Insert less than 1 inch into the nostril
- Using medium pressure, rub the swab slowly in a circular motion around the inside wall of your nostril four times.
- The swab tip should be touching the inside wall of the nostril through each rotation.
- Repeat the same process with the same swab in the other nostril.



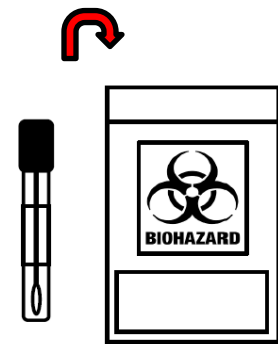
## 6 Put swab in tube

- While holding the swab, open the pre-labeled collection tube.
- Put the swab tip first into the tube.
- Screw the cap back onto the tube tightly.
- Wash your hands again with soap and water or sanitizer.



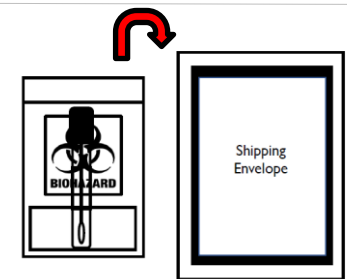
## 7 Put collection tube in biohazard bag

- Place the tube containing the swab (with the lid tightly screwed down) into the provided biospecimen bag.
- Do not remove the absorbent pad.
- Securely close the bag by pressing ridged edges together with fingers all along the top.



## 8 Put biohazard bag into the shipping mailer

- Remove the adhesive strip and seal the shipping mailer closed.
- Adhere the return label to the front of the shipping mailer.
- Your return shipping has already been paid.



## 9 Ship the shipping mailer

- Deliver the shipping mailer to a United Parcel Service (UPS) drop off site.
- Must be returned on the same day you collect your sample before the last UPS pick up is scheduled.

**Your Responsibility.** By using these instructions, you are solely responsible for self-administering the nasal swab and agree to follow the instructions provided. Lighthouse Lab Services and its affiliates take no responsibility for the misapplication of the instructions or any injuries, damages, losses, or expenses that may result to you or to a third party arising from, in connection with, or related to the nasal swab administration.

This product has not been FDA cleared or approved but has been authorized for emergency use by FDA under an EUA for use by authorized laboratories. This product has been authorized only for the detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens; and, The emergency use of this product is only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Federal Food, Drug and Cosmetic Act, 21 U.S.C. § 360bbb-3(b)(1), unless the declaration is terminated, or authorization is revoked sooner.

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