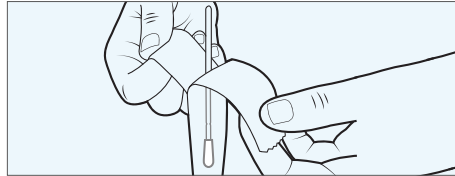


## Helix Self-Collection Kit Instructions (Health Care Professional Supervised)

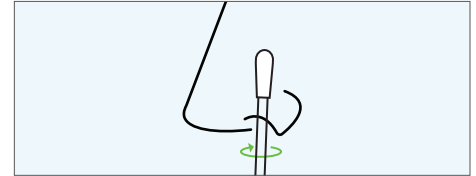
Read ALL steps before collecting your sample.



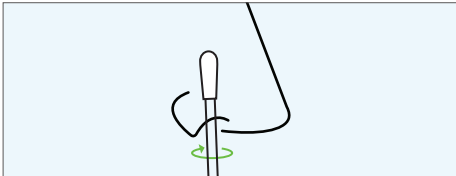
**1)** You will receive supplies to self-collect your sample. You will collect your sample under the supervision of a health care professional. Wash and dry your hands before starting the self-collection process.



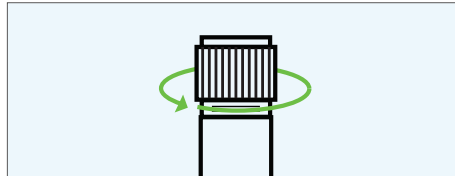
**2)** When you are ready to collect, take the swab out of its sleeve. Do not touch the tip of the swab with your hands.



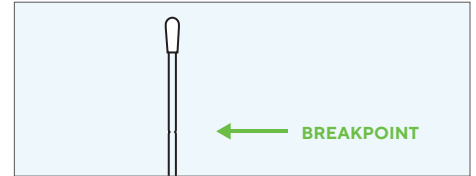
**3)** Insert the tip of the swab into one nostril. The tip of the swab should no longer be visible. Give the swab a gentle push against the inside of your nose and rotate it in a circle. Rotate the swab at least 3 times.



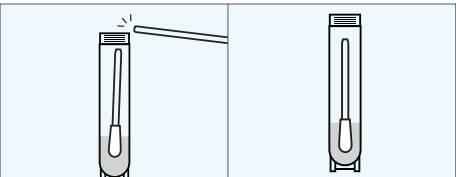
**4)** Repeat step 3 in your other nostril.



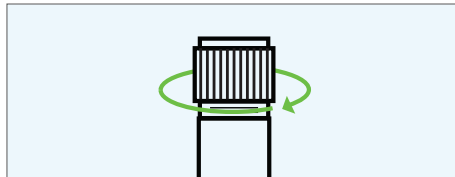
**5)** After collecting your sample, hold the swab in one hand and screw off the top of the collection tube with the other. Put the tube's top in a safe place because you will need it again.



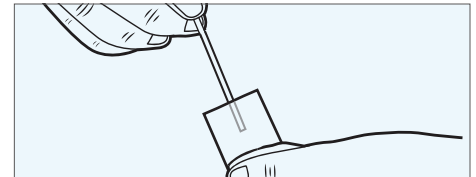
**6)** Look for the breakpoint on the swab's handle. It can be found approximately 1/4" - 1/2" away from the swab on the handle.



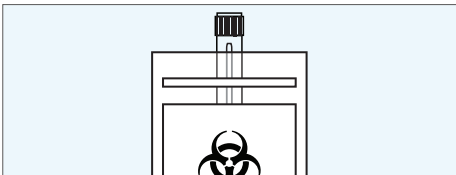
**7)** Place the swab in the collection tube and break off the swab from its handle at the breakpoint. **DO NOT PLACE THE USED HANDLE IN THE BIOHAZARD BAG.**



**8)** Make sure you screw the top back on the collection tube tightly.



**9)** Place the swab's handle back in its sleeve. **REMINER: DO NOT PLACE THE USED HANDLE IN THE BIOHAZARD BAG.**



**10)** Insert the collection tube into the biohazard bag. **DO NOT REMOVE THE ABSORBENT PAD FROM THE BAG.**



**11)** Seal the biohazard bag with the collection tube and absorbent pad inside. Return the swab in its sleeve and biohazard bag to the health care professional.

### Questions?

Please call (844) 211-2070 or email [support@helix.com](mailto:support@helix.com) for customer support regarding additional information on the test, process or Helix.

To access the **Patient Fact Sheet**: [www.helix.com/pcr-sup-fact-sheet](http://www.helix.com/pcr-sup-fact-sheet)