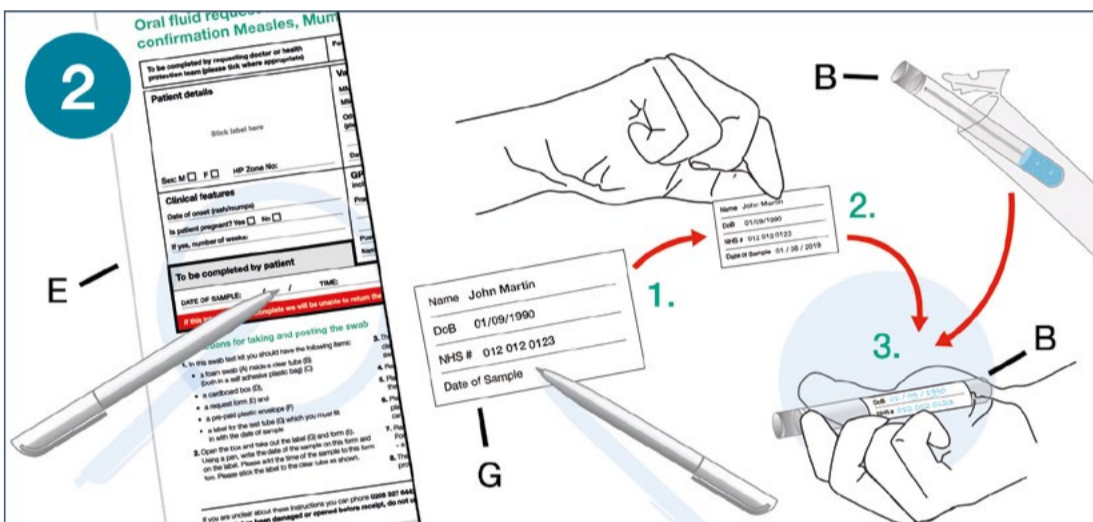
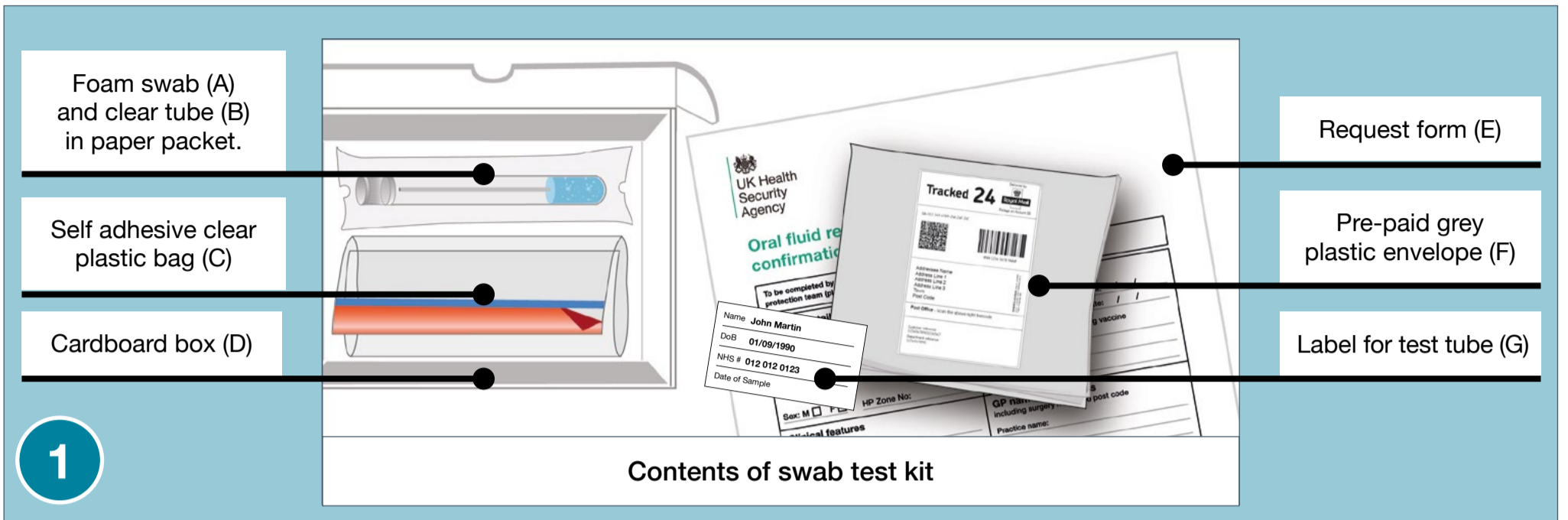


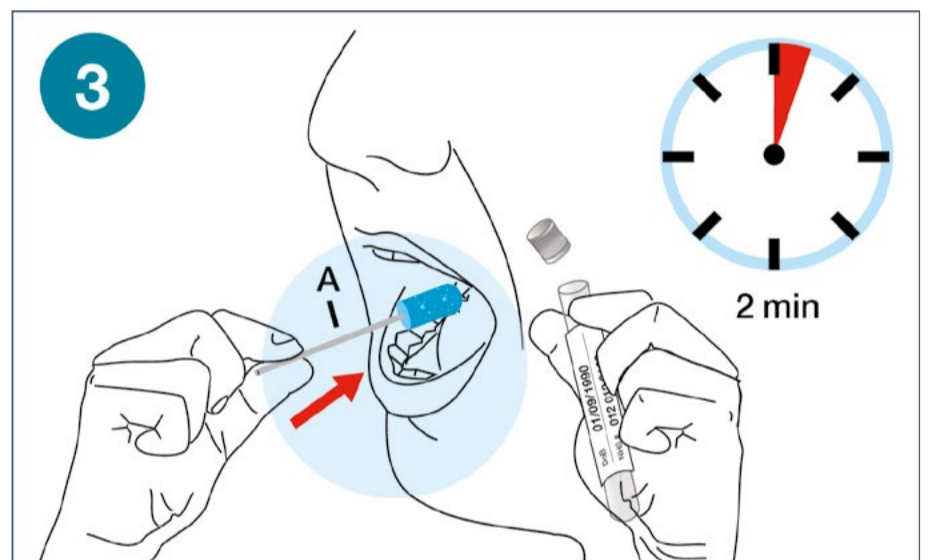


How to take an oral fluid swab

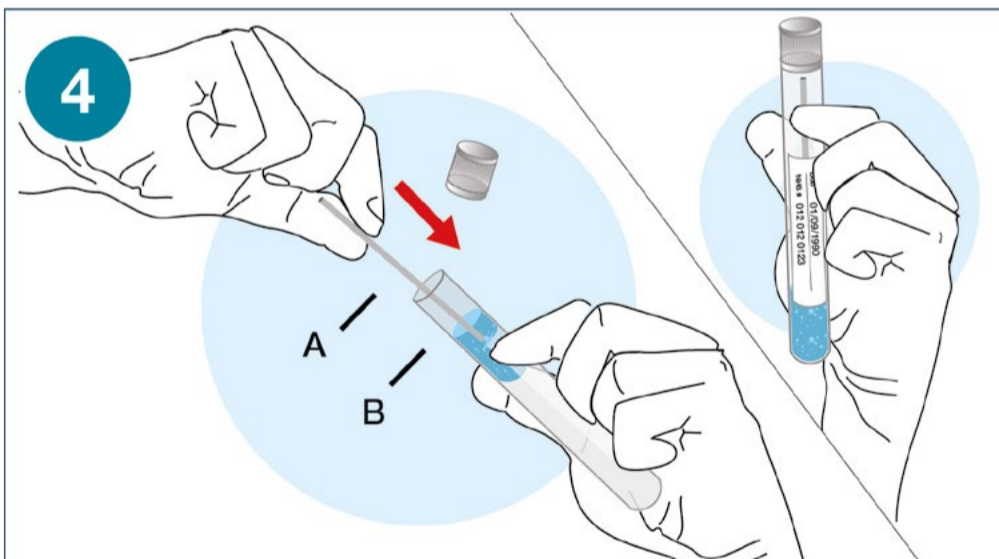
video guide 'How to take an oral fluid swab – for all the family' here: bit.ly/OFFKit



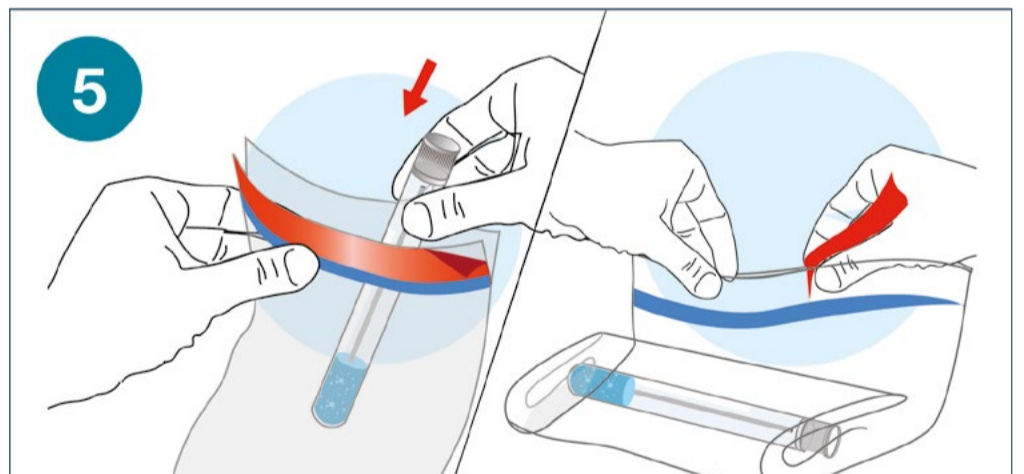
Write the date of sample on the label (G) and on the request form (E). Stick the label to the clear tube (B)



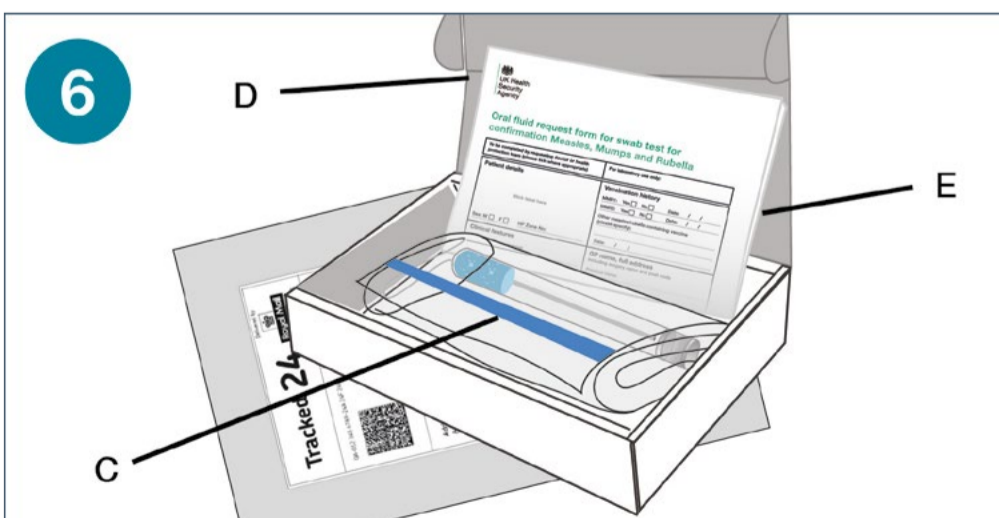
Swab the gum line for 2 minutes



Replace foam swab in clear tube and replace lid (B)



Place clear tube (B) into self adhesive clear bag (C). Push air out of bag. Remove red strip from top fold down corner and stick down. Now wash your hands.



Place form (E) with clear bag containing the sample (C) into cardboard box (D)



Place cardboard box (D) into pre-paid grey plastic envelope (F) and seal. Post pre-paid grey plastic envelope (F) in your local Royal Mail post box.