

PRODUCT DISCLAIMER: Switch Health screens for the presence of the novel coronavirus SARS-CoV-2. SARS-CoV-2 causes the disease COVID-19: an acute, sometimes severe, respiratory illness. These tests are intended to identify infected individuals without symptoms, or prior to the development of symptoms, to prevent the spread of COVID-19. These tests are best suited for individuals who are required to travel for work, require workplace screening, or desire regular screening to protect those around them.



To get started, scan the QR code with your phone camera or visit portal.switchhealth.ca

Instruction Manual

COVID-19 At Home Specimen Collection

Testing must be completed by logging onto the Switch Health portal, ASMO, and completing a telehealth appointment. You will NOT receive results if you complete the test outside of your scheduled appointment. To ensure accurate test results, pick-up must be completed within 48 hours of your telehealth appointment.

How It Works

PLEASE WASH OR SANITIZE YOUR HANDS



Activate your kit.

Scan the QR code or visit ASMO at portal.switchhealth.ca to get started. Remove the tube to access the serial number. **Do not open the tube until instructed.**



Complete your telehealth appointment.

Your telehealth appointment will begin after you input your serial number. You will be walked through the entire process. **Do not conduct this kit on your own.**



Prepare your kit for shipping.

Everything you need to ship is included in this kit. **Do not cover any labels and barcodes.**



Ship your kit.

We pick up the kit at your convenience. Provide clear pick-up instructions, if any.

Contents



Swab and Tube



Tube Label



Biohazard Bag



Absorbent Sheet



Return Box



Return Envelope



Return Label



Alcohol Prep Pad

STEP 1: ACTIVATING YOUR KIT

We will walk you through the entire process — from completing your test to preparing your kit for shipping. Please do not discard any pieces.

1. Get started by scanning the QR code on your kit, or visit portal.switchhealth.ca to create an account and login.
2. Once logged in, select “At Home Test Kit.”
3. Before your appointment begins, you will be required to:
 - a. **Verify your pick-up address and time.** Please note that pick-up must be scheduled within 48 hours of testing. **Do not complete your test until pick-up has been scheduled.**
 - b. **Confirm your nine-digit serial number** (*i.e.* SHK-000-000). The serial number can be found on your tube inside of the biohazard bag. Sanitize your hands before carefully removing the tube. **Do not open the tube.** You can use your phone camera to scan the barcode.
 - c. **Assign a tracking number to your kit.** Follow the prompts to scan the shipping label so it is ready for Purolator pick-up once completed.
4. Once you have completed the above steps, your telehealth appointment will begin, typically within 5 to 10 minutes. Please ensure you have tissues nearby and that you have washed your hands thoroughly with soap and water for 20 seconds. Your face should be visible in frame.

STEP 2: COMPLETING YOUR TELEHEALTH APPOINTMENT

You will be guided through the test step-by-step. Please make sure your camera is on and do not complete any of the below steps without being instructed to.

1. Before beginning, sanitize your hands thoroughly with soap and water for 20 seconds.
2. Remove the tube from your kit. **Do not open the tube.** Fill out the tube label and place it vertically on the tube without any overlap. **DO NOT PLACE OVER THE SERIAL NUMBER LABEL.**
3. Once instructed, blow your nose thoroughly into your tissue. **Do not blow your nose in the absorbent sleeve included in your biohazard bag.**
4. Sanitize your hands thoroughly with soap and water for 20 seconds.
5. Before inserting the swab visually locate the perforation on your swab (near the tip). Tilt your head back to a 45-degree angle.
6. Gently insert the nasal swab into your nostril — at least 1-2 cm, until you feel gentle resistance. The swab should not be inserted past the perforation line.
7. Rotate the swab in one nostril for 15 seconds with slight pressure. **Do not remove the swab until instructed.**
8. Remove the swab and repeat the process in your other nostril.
9. Place the swab sample directly into the tube tip down. The tip must be placed in the liquid at the bottom of the tube. **Do not spill the liquid.** Break the swab at the perforated line, leave in the tube and tightly seal cap.
10. Place tube in the biohazard bag with the absorbent sheet.

STEP 3: PREPARING YOUR KIT FOR SHIPPING

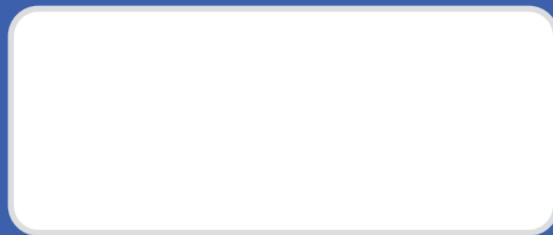
1. After swabbing, wash your hands thoroughly with soap and water for 20 seconds.
2. Place your biohazard bag inside the provided box.
3. Seal the box with the sticker dot under the front fold.
4. Place the shipping box into the prepaid mailer and seal. **Do not cover the UN3373 label.**
5. Disinfect the mailer using the provided alcohol prep pad. Avoid touching the address label.

STEP 4: SHIPPING YOUR KIT

1. Once instructed, follow the prompts to select a pick-up time for your kit.
2. Be sure to provide clear pick-up instructions. **If you live in an apartment or condo, please include access info such as buzzer codes or floor access.**

This is the tube label.

This label must be adhered to your tube.



This is an example of how it should be filled out.
Please print legibly.

TAYLOR SMITH	—	Name
1985/05/30	—	Date of birth (YYYY/MM/DD)

This is how it should be placed on the tube:



Not like this. Do not place over the serial number label.

