

# Collection Instructions: Illness Sample

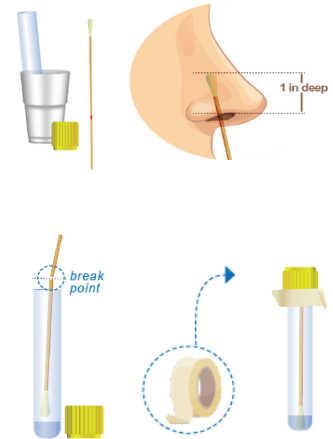
## 1. Get Ready

- Make sure you have a frozen ice pack
- Blow your nose
- Wash your hands with soap & water (>20 seconds)
- Avoid eating, using tobacco products, or brushing your teeth for about 30 minutes prior to collecting saliva.
- Lay out the pieces of 1 kit in front of you. **Note** there is a nasal swab and saliva collection for the illness kit
- 



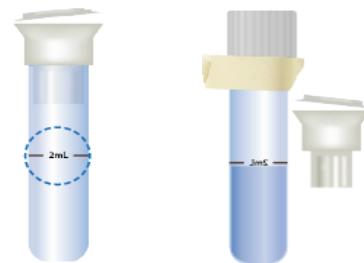
## 2. Collect & Prepare Nasal Swab

- Remove cap from the tube and put it in a cup so it stays upright
- Take the swab out; do not touch the tip or place it on any surface
- Insert the swab tip into your nostril about 1 inch deep. Rotate it gently round the inside walls of your nostril several times
- Insert the same swab into your other nostril and rotate it again
- Put the swab into the tube with the tip facing downward and bend the handle at the breakpoint until it snaps. Discard the swab handle
- Screw the tap on tight
- Tape the top of the tube with the masking tape provided



## 3. Collect & Prepare Saliva Sample

- Confirm the funnel is connected to the saliva tube. Remove the cap from the funnel.
- Spit into the funnel until saliva fills the 2 mL line.
- Remove the funnel from the saliva tube and discard the funnel.
- Tightly screw the cap on the saliva tube. Tape the top of the tube with the tape provided.



#### 4. Package & Report

- Place the two taped samples into the biohazard specimen bags with the absorbent sheets and seal the bags
- Wash your hands
- Verify that the number on the specimen matches the number of the bubble mailer
- Complete the information on **yellow** sticker front of the bubble mailer

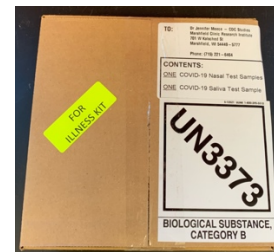


#### 5. Place in bubble mailer

- Place the specimen bags with the sample into the bottom of the bubble mailer
- Add the frozen ice pack
- Remove the adhesive tape from the bubble mailer, and seal it

#### 6. Place bubble mailer in the box

- Assemble the rigid box with the UN3373 sticker visible
- Verify that there is a **yellow** "illness kit" sticker
- Place the bubble pack into the box and seal it with the tape provided.



#### 7. Place the box in the FedEx Envelope

- Place the sealed box into the FedEx UN3373 envelope
- Remove the adhesive tape and seal
- Wipe down with a disinfectant wipe



#### 8. Ship today!

- Drop off sample the same day it is collected at an authorized location in your area.
- Visit the following site to find a location for drop-off in your area:  
<http://fedex.com/labreturns>



✉ [AZHeroes@arizona.edu](mailto:AZHeroes@arizona.edu)  
☎ (520) 848-4026  
🌐 [azheroes.arizona.edu](http://azheroes.arizona.edu)

