COVID-19 Self-Swab Collection Kit
for Harvard University Clinical Laboratory

On-site Instructions
for Massachusetts Institute of Technology

For in vitro diagnostic use, For prescription use only, For use under emergency use authorization only, For use by individuals 18 years and older.

Version 1.0
Before you get started:

- Your sample must be dropped off on the same day you activate and collect it.
- Make sure there is a collection today. Refer to your program details if you’re not sure where to return your sample.
- **Don’t miss the last pickup.** Refer to your program details for pickup times.
- Make sure you wash your hands before and after collection.

Your kit includes:

- Collection device (tube and swab)
- Biohazard bag
- Barcode card
1 Don’t forget: Activate your kit with the MIT Atlas app.
You need your unique barcode, which you’ll find on your collection tube.

1 Warning: Your sample will not be tested if the kit is not activated.

2 Before collecting your sample, wash your hands thoroughly for 20 seconds and dry them well.

3 Unscrew the cap from the collection tube.
You can discard the cap.

4 Remove the swab from its bag.
Do not touch the ridged tip with your hands or lay it down on any surface.
5. Rotate swab tip in first nostril, 3 times.
   Insert the swab into one nostril, until you feel resistance. Using medium pressure against the inside of your nostril the whole time, rub the swab in a large circular motion at least 3 times.
   **Note:** Swab should not go further than 1 inch.

6. Gently slide the swab up and down against the inside of your nostril 3 times.
   Keep medium pressure on the swab against the inside of your nostril.

7. Hold the swab against the inside of your nostril.
   Keep it there for about 10 seconds.

8. Repeat steps 5 - 7 in the other nostril.
   Rotate at least 3 times, slide the swab up and down, then hold the swab against your nostril for 10 seconds.
   **Note:** You will use the same end of the swab for both nostrils.
9. Put swab into the tube portion of the collection device.  
The tip of the swab that went into your nose should go into the tube first.

10. Screw the cap closed tightly.  
Make sure the top is carefully screwed closed.  
**Note:** After screwing the collection device closed, wash your hands thoroughly for 20 seconds and dry them well.

11. Put collection device into the biohazard bag.  
Seal the bag closed.

12. Bring the biohazard bag to your designated test collection point on the day you collected your sample.  
Refer to your program details if you're not sure where to return your sample.  
**Note:** Don't miss the last pickup time.
Checklist before returning your kit:

☐ Did you activate your kit?
☐ Did you collect a sample from both nostrils?

Visit covidapps.mit.edu/testing to learn more.

Questions?
Visit covidapps.mit.edu/testing or contact us at covidapps-help@mit.edu.

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.