



Collect sample

- **Do not eat, drink, smoke, or chew gum 30 minutes before collection**
- Stimulate saliva: rub your cheeks, mimic chewing, or smell a lemon
- Follow instructions inside plastic container
- **Cap tube tightly and throw away funnel lid and tray**
- Keep sample at room temperature



Scan QR code for video tutorial



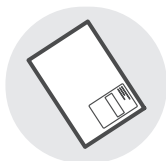
Complete paperwork

- **Sample tube:** Write name, date of birth, and collection date
- **Test request form (TRF):** Write collection date



Package everything

- Place TRF in MyRisk box
- Place tube in biohazard bag and seal
- Place biohazard bag in MyRisk box
- Place MyRisk box in mailer and seal



Ship within 1-2 days of collection

FedEx®

Drop your pre-addressed mailer at any FedEx location.

US Postal Service (USPS)

To ship via USPS, cover the FedEx label with USPS pre-addressed mailer and drop at any USPS location.