

# COVID-19 At-home Test Kit Instructions

**01** Register your sample at [1health.io/register](https://1health.io/register).

This must be done prior to collecting a sample. Sample must be registered under the name of the individual being tested.

**02** Follow directions provided at end of online registration to collect saliva sample.

A video tutorial is available.

**03** Place collected sample in biohazard bag and seal bag. Place biohazard bag in box and seal box.

**04** Place sealed box in prepaid FedEx return mailer. Drop off at any designated FedEx drop box location. For a list of locations, visit <https://fedex.com/en-us/shipping/dropbox.html>.

Note: You must return via FedEx.

**05** Use 1health online portal to view your test results.

