

## Returning Self-Collected Swabs and Urine Samples By Mail

### Step 1.

- Place your completed samples into their own resealable biohazard bags (labelled bag #1).
- Pinch the zipper on each bag#1 to seal closed.

### Step 2.

- Place sealed bag #1 containing the tube of sample into the plastic bag labelled bag #2.
- If you are returning more than one sample, put all bag #1's into the same bag #2.
- Do not remove the absorbent pack from bag #2.

### Step 3.

- Seal bag#2:
  - Peel off the adhesive strip at the top of bag#2.
  - Fold the top of the bag downward on the dotted line to seal the bag.

### Step 4.

- Place sealed bag#2 into the shipping box.
- Close the box lid.

### Step 5.

- Seal the shipping box by placing the adhesive strip over the opening of the box.

### Step 6.

- Place the shipping box into a post office box (mail receptacle) or bring it to a local post office.
- You will not be charged to mail this box.