

# Labelling and packaging samples



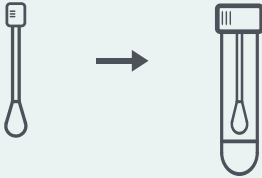
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Watch the video again to make sure you are familiar with the process of taking a self-swab.

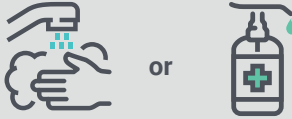
[bit.ly/selfswabgovuk](https://bit.ly/selfswabgovuk)

1



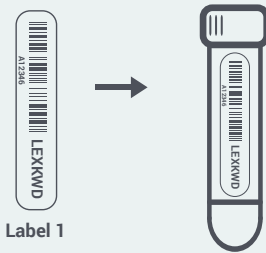
Once you have taken your swab, and placed it in the sample tube, close the lid **securely**.

2



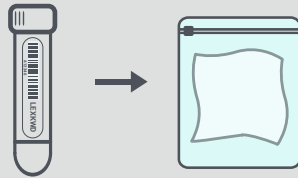
Wash your hands with **soap and water**, or use a **hand sanitiser**.

3



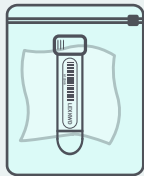
Place **one** of your barcode labels from your kit along the length of the tube. This is important as it will ensure that the barcode is easily readable when the sample reaches the lab.

4



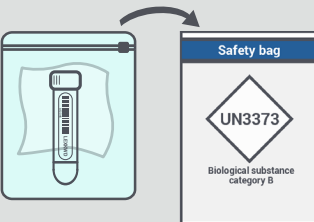
The tube should be placed **inside** the griplock bag, which should contain an absorbent sheet.

5



Seal the bag

6



Place this bag within the **leak-proof Safety Bag**, which is clearly labelled with 'Biological substance category B UN3373'.

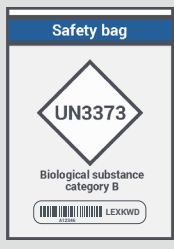


7



The **second label** should be placed on this bag, ensuring the label is not folded or creased.

8



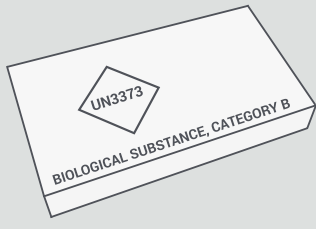
Seal the safety bag: hold back the **blue band** at the top of the bag, which exposes the peel-away backing, apply even pressure across the blue band surface.

9



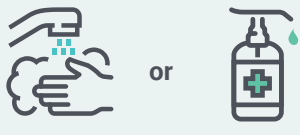
Wash your hands again.

10



Now place the sealed **Biological Substance Bag** into your cardboard mailbox and close by tucking in the flaps.

11



Wash your hands again before further handling of the sample box.

12



Your sample is now ready to be taken to your designated **drop-off point**.

