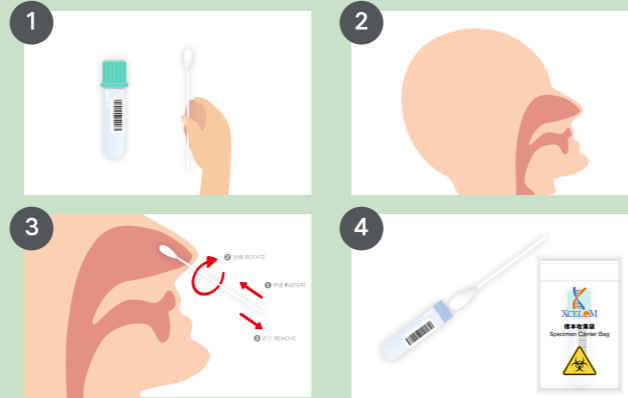


鼻腔採樣教學 Nasopharyngeal Sample Collection Procedure

採集樣本前後都應以梘液及清水潔手最少二十秒
Clean hands thoroughly **before and after sample collection** by washing your hands with liquid soap and water for at least 20 seconds



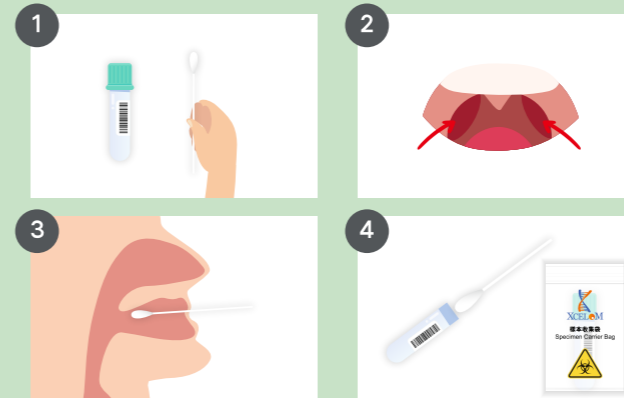
- 取出拭子並只拿著握桿，切勿觸摸拭子頭部。
Take out the swab and hold the swab by the stalk.
DO NOT touch the swab tip.
- 頭部稍微向後傾以調正鼻道。
Tilt the head back slightly to straighten the nasal passage.
- 將拭子以鼻樑平行的方向輕輕伸進鼻孔的1至2厘米深，或直至感到阻力。將拭子輕輕旋轉並停留10至15秒。將拭子退出時亦同時慢慢旋轉。
Gently and slowly insert the swab through the nostril parallel to the palate 1-2cm in or until resistance is encountered. Gently rotate the swab and leave the swab in place for 10-15 seconds. Slowly remove the swab while rotating it.
- 在凹位把拭子折斷並將拭子頭部（即採樣部份）放進樣本瓶內，擰緊瓶蓋以防止滲漏。將樣本瓶放入樣本袋中。
Break off the head of the flocked swab at the indentation mark. Place it into the sample collection tube containing the transport medium. Ensure the tube is tightly-capped to avoid leakage. Place the sample into the specimen carrier bag.

*鼻咽及口咽樣本可同存放在同一個樣品保存管內。
*Both nasopharyngeal and oropharyngeal samples can be placed into the same sample collection tube.

在採樣後盡快交還你的檢測樣本（不能超過24小時）
Return your test sample as soon as possible
after sampling (No more than 24 hrs)

咽喉採樣教學 Oropharyngeal Sample Collection Procedure

採集樣本前後都應以梘液及清水潔手最少二十秒
Clean hands thoroughly **before and after sample collection** by washing your hands with liquid soap and water for at least 20 seconds



- 取出拭子並只拿著握桿，切勿觸摸拭子頭部。
Take out the swab and hold the swab by the stalk.
DO NOT touch the swab tip.
- 面對鏡，頭微仰，張開口，用拭子伸入咽喉後部及扁桃腺位置。
Looking into a mirror with the head slightly tilted back, open your mouth and insert the swab into the posterior pharynx and tonsillar areas.
- 發出「Ah」的聲音。然後將拭子在扁桃腺柱及口咽喉後部拭抹3次，避免觸碰到舌頭、牙齒及牙齦。
Say "Ah". Rub the swab over both tonsillar pillars and posterior oropharynx three times, avoid touching the tongue, teeth, and gums.
- 在凹位把拭子折斷並將拭子頭部（即採樣部份）放進樣本瓶內，擰緊瓶蓋以防止滲漏。將樣本瓶放入樣本袋中。
Break off the head of the flocked swab at the indentation mark. Place it into the sample collection tube containing the transport medium. Ensure the tube is tightly-capped to avoid leakage. Place the sample into the specimen carrier bag.

*鼻咽及口咽樣本可同存放在同一個樣品保存管內。
*Both nasopharyngeal and oropharyngeal samples can be placed into the same sample collection tube.

在採樣後盡快交還你的檢測樣本（不能超過24小時）
Return your test sample as soon as possible
after sampling (No more than 24 hrs)

重要資訊 IMPORTANT INFORMATION

請按照以下指示進行檢測，否則有可能影響檢測結果
Failure to follow the below guidelines may affect your test result

進行檢測1小時前，避免進行下列行為 Avoid the following actions 1 hour before conducting the test

- 避免進食和飲水
Avoid eating and drinking
- 避免洗鼻
Avoid nasal irrigation
- 避免抽煙、喝酒、嚼香口膠
Avoid smoking, drinking and gum chewing
- 避免使用漱口水或刷牙
Avoid rinsing your mouth or brushing your teeth

計劃前往中國內地的人士

Visitors seeking entry into Mainland China

計劃前往中國內地的人士，需同時進行鼻腔及咽喉拭子採樣。進行採樣最後，把兩個拭子頭部折斷並放進同一個樣本保存試管。
For visitors seeking entry into Mainland China, both nasopharyngeal and oropharyngeal samples are needed. Break off the head of both flocked swabs and place them into the sample collection tube containing the transport medium.



啟動套裝 Kit Activation



掃描QR Code 或到
<https://mole.xcelom.com>
啟動你的檢測套裝

Activate your test kit by scanning the QR code or visiting
<https://mole.xcelom.com>

感謝您選擇我們的檢測

Thank you for choosing our test

檢測套裝包括 TEST KIT INCLUDES:

- X 1 樣本保存試管
Sample Collection Tube with Unique Barcode Label
- X 2 採樣拭子
Disposable Sampler
- X 1 樣本收集袋
Specimen Carrier Bag