



Questions?

Call (510) 268-2110 or email
Alameda@DontThinkKnow.org.

To see a video example of how
to use your home test kit, go to:
www.DontThinkKnow.org

I know.



**Alameda County
Public Health Department**
1100 San Leandro Blvd
San Leandro, CA 94577
www.DontThinkKnow.org



I know.

**Your Home Test Kit for
Chlamydia and Gonorrhea**

Please read these instructions before taking the test.



This Package Contains:

- Collection Tube
- Swab
- Patient Label
- Plastic Baggie (with absorbent paper)
- Lab Form
- Return Envelope

Collection Tube



Patient Label



Plastic Baggie



Swab



Lab Form

LAB FORM	
CITY AND COUNTY OF LOS ANGELES PUBLIC HEALTH DEPARTMENT 12700 ROCKAWAY AVE. DOWNEY, CA 90242 TEL: (310) 634-2000 FAX: (310) 634-2001 WWW.PH.DEPH.NET	
Client Information	Requested By
Name: _____ Address: _____ City: _____ State: _____ Zip: _____ Phone: _____	Address: _____ City: _____ State: _____ Zip: _____ Phone: _____
APPROVAL SIGNATURE OR COLLECTOR SIGNATURE	DATE AND TIME Day: _____ Time: _____
TEST REQUESTED Type: _____ Qty: _____	DATE AND TIME Day: _____ Time: _____
<p>FOR THE CLIENT: IT IS IMPORTANT TO FILL IN THE DATE AND TIME THAT YOU DO THE TEST</p> <p>Collection Date: ____/____/____ AND Collection Time: ____:____</p> <p>Sample: 12345 OR 6789</p>	

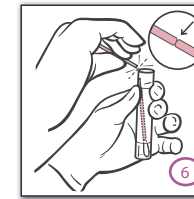
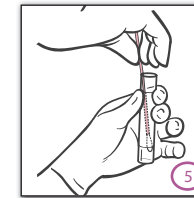
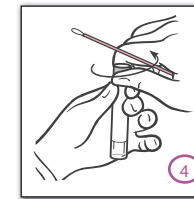
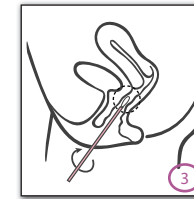
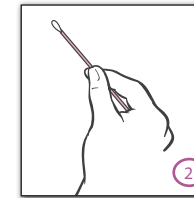
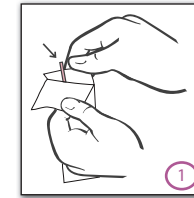
Return Envelope



Step 1: Use the Swab

Before you start, wash your hands with soap and warm water.

- 1 Open the kit and remove the swab from the sealed package.
- 2 Hold the swab in the middle of the swab stick
- 3 Carefully insert the swab about two inches into your vagina and gently rotate, swirling the swab for about 10 to 30 seconds. Make sure the swab touches the sides inside your vagina.
- 4 Unscrew the cap from the collection tube. Do NOT break or remove the foil seal on the cap. Do NOT pour out the liquid in the tube.
- 5 Immediately, place the swab into the collection tube so that the tip of the swab goes all the way to the bottom of the tube.
- 6 Carefully break the swab stick at the line in the middle. Screw the cap back onto the tube tightly, so that it won't leak.



Step 2: Complete the Lab Form

- Remove the lab form from the side pocket of the plastic baggie.
- Write today's DATE and the current TIME on the lab form, in the spaces that say 'collection date' and 'collection time.'
- Put the lab form back into the side pocket of the plastic baggie.

Step 3: Place Your Patient Label on Collection Tube

- Write today's DATE on the label that is stapled to the swab package.
- Remove the label and stick it on the collection tube. This label has your patient information on it. This is how the lab knows it is your test.
If the label is not on the tube, your test cannot be processed.
- Put the collection tube into the baggie and seal the plastic baggie.

Step 4: Prepare the Package for Mail

Please make sure that:

- The completed lab form is in the side pocket of the baggie.
- The collection tube WITH your patient label stuck on it is in the baggie.
- The absorbent paper is inside the baggie with the collection tube.
- Once you have the lab form, collection tube, and absorbent paper in the baggie, place the baggie in the yellow padded return envelope.
- Be sure to seal the return envelope before mailing.

Step 5: Mail in the Package

- Now the pre-addressed package is ready to be mailed.
- Postage is already paid. Just drop the kit in any US postal mailbox.
- Mail the kit as soon as possible. Mail it immediately and definitely within 48 hours.

Step 6: Get Your Results

- Your test results will be available in one week.
- Go to www.DontThinkKnow.org to get your test results.
- Login using your email address and the password you created when you ordered your kit.