

How To Use Your At Home COVID-19 Test Kit

Go to [Nebraska.eMed.com](https://www.nebraska.emed.com) and get connected 24/7 to a Certified eMed Guide to help you take the test and verify your result.

Start testing at [Nebraska.eMed.com](https://www.nebraska.emed.com) with your smartphone, tablet, desktop, or laptop.

You will need an internet connection and a webcam to get help from a Certified eMed Guide.

*No internet access? That's okay. Follow the directions below.

If you get help from a Certified eMed Guide, your result will be automatically recorded and sent to the health department and you will receive proof of your result.



Get Ready



Wash your hands with soap and water. If soap and water are not available, use hand sanitizer.

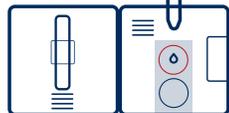
Open your test card and lay it on a flat surface.



Test

- 1) Open the dropper bottle and hold it straight over the TOP HOLE of the test card, not at an angle.

Squeeze out 6 drops of the liquid. **Do not touch card with the tip of the dropper.**



- 2) Remove the swab from the package. **Do not touch the soft end with your hands or anything else.**



- 3) Insert the entire soft end of the swab into your nostril **no more than 3/4 of an inch (1.5 cm) into your nose.**

Slowly rotate the swab 5 times, gently pressing against the inside of your nostril for a total of 15 seconds.

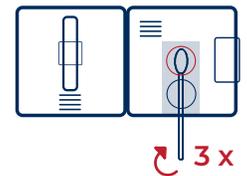


- 4) Using the same swab, repeat step #3 in your other nostril.



- 5) Insert the swab tip into the BOTTOM HOLE and firmly push up until the tip fills the TOP HOLE.

Turn the swab 3 times in the card and leave it in place.

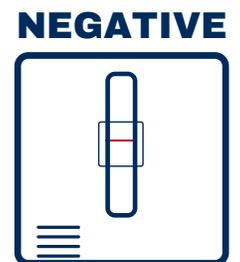


- 6) Peel off the adhesive liner. Close the card and seal it. Wait for 15 minutes.



- 7) After 15 minutes, check your result.

One (1) line means your test is negative.



Two (2) lines mean your test is positive, even if the lines are not easy to see.



If you test positive, visit www.netracing.org for more information on how to isolate.