

# COVID-19 Testing:

## Help Your Specimen Get Accepted

### Plan Ahead

Set up courier transport in advance whenever possible. Know how you will be packing your specimens and what packing supplies you will need. Gather your supplies and place your cold packs in the freezer before you start collection.

### Paperwork First

Label the specimen tube and fill out the requisition form before collecting. The full name and date of birth on the tube and form need to match exactly. Include the facility name that is on your laboratory account to avoid unnecessary delays or rejection.

### Keep it Safe

Make sure the collection date and time is noted on both the tube and the requisition form. Tighten the cap before packing and pack securely, following laboratory transportation guidance.

### Keep it Cold

Refrigerate your specimen as soon as possible and include ice or cold packs when packing for transport. Cold keeps your specimen viable longer! Room temperature specimens must be rejected.

### Ship it Out

Send your specimen to the laboratory on the same day it was collected. If you are collecting specimens over multiple days, send what you have collected at the end of each day.

