INSTRUCTIONS

1. Remove the plastic protective cover from the sampling device.

2. Remove the caps from the sampling device.

3. Take a deep breath before exhaling into the sampling device, through the large opening. Repeat twelve times before putting the caps back on.
4. Take the barcode from the chain of custody form and stick it on to the sample device.

5. Put the sample devise into the provided protective bag. Seal the bag with the small sticker that came with the bag, across the joint and over the perforation.

6. Fill out the chain of custody form and put the sealed-shut protective bag in an envelope and send it to the appointed laboratory.