REQUEST SHEET AND TEST COVID-19

A video tutorial on the test concept can be found here or via the QR code on the right: http://laax.com/safemountain

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- Check consent to the transmission of results.
- Check consent to privacy policy.
- Note date of sampling
- Do not forget **signature**!

Show the **request sheet** at a **drop-off point** in order to **digitally capture your request. 3 barcodes** will be generated for you:

- Stick top barcode ("Barcode f
 ür Testschein") on your request sheet.
- The middle one serves as proof for your test.
- Stick the bottom barcode ("Nase-/ Rachenabstrich") lengthwise onto the white field of the samling tube.
- 6 Saline solution for saliva gargle water test



TESTING (on an empty stomach, directly after getting up!)

- Cough 2x with closed mouth.
- Twist off the lid of the saline solution, empty it completely into your mouth and gargle/rinse for approx. 30 seconds.
- Split liquid into the sample tube and close it well.





Place the **sample tube in the safetybag** and **close it** tightly - by simply peeling off the adhesive foil.

THE WHITE FLEECE MUST REMAIN IN THE SAFETY BAG!

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Insert your **safetybag in the envelope** and **close it** tightly.

Return **envelope AND reugest sheet** back to the point of sale early in the morning (until 9:00 am).