



Dear Customer,

Thank you for purchasing your Covid19 testing package from Shantys Pharmacy.

This guide will help you to pack your samples correctly and return them to obtain quick results. Detailed instructions on how to collect the sample are included in the laboratory's information sheet, which you will find in the sample collection kit bag.

The laboratory requires us to use the same sample collection kits for each type of test (Day 2, Day 8, Fit to Fly and Test to Release). You are therefore required to log the test correctly when you book it in (see below).

## INFORMATION ABOUT YOUR TEST(S)

The following points apply each time you collect a sample and submit it:

- Always wash your hands thoroughly before collection.
- Do not allow the swab to touch any surfaces except your throat, nose and the sample vial in that order.
- Use the **same** swab to collect the throat and then the nasal sample.
- The barcode number is unique to each kit. It is found on the instructions contained within the kit and on the sample collection vial. **Do not misplace it, as your kit is useless without the barcode number.**
- Once you have collected a sample, please log it on the laboratory's portal (<https://portal.salient.bio/register>) with an accurate date and time of sample collection, using the unique barcode. You will need to enter various personal details at this point.
- Make sure you select the correct type of test, or your certificate will be incorrect. Further guidance is given on this in the sections below.
- Each kit is packed in a box for your convenience. Keep this box, put your collected sample in it and seal it shut with the security seal. Once the box containing the sample is ready to send, place it in the prepaid postage bag and seal the bag shut. Your sample is now ready to post.
- Post your sample as soon as possible after collection. Early morning, or at least before 12pm is the best time to increase the chances of an early result.
- Return your sample using a Royal Mail CSP point or a Priority Post Box. The location of your nearest Priority Post Box can be found by entering your post code into the following webpage: <https://www.royalmail.com/services-near-you#/>
- Your results will arrive within 24 hours of the lab receiving the sample. Typically, your sample should reach the lab the day after you post it. At weekends and bank holidays, it may take longer for your sample to reach the lab, so please bear this in mind.
- A certificate will be sent to the email address provided by you when booking in the test.
- If you test positive from any single test, you do not need further tests, but you do need to

quarantine **by law** for 10 days after the date of your positive result at your nominated isolation address.as will all persons staying with you.

- Your details will be shared with the lab in all cases, and with the National Health Service Track and Trace teams, as well as the UK government if you test positive.

## INSTRUCTIONS ON YOUR TESTING PACKAGE

Each sub heading below gives instructions on what to do for each type of test package. Please go to the heading that corresponds with your order to find out what you should do.

### DAY 2 TEST (GREEN LIST COUNTRIES ONLY)

1. A single test kit will arrive in the post on or shortly after the day you arrive in the UK
2. Collect your sample and pack it on day 0 (the day you land in the UK), day 1 or day 2 after you land.
3. Log the sample correctly on the lab's portal (<https://portal.salient.bio/register>), by selecting the "DAY 2 TEST" option and providing all other relevant details, including your booking reference, which you can find in your confirmation email, which we sent you when you booked and paid for the tests.
4. Post your sample as instructed (see section 1 of this sheet)
5. Your results will be emailed to you within 24 hours of your sample arriving at the lab.
6. If you test positive, then you must quarantine at your nominated isolation address for 10 days after the date of your result.
7. If you test negative, you do not need to quarantine.

### DAY 2 TEST FOR VACCINATED TRAVELLERS (AMBER LIST COUNTRIES ONLY)

1. A single test kit will arrive in the post on or shortly after the day you arrive in the UK
2. Collect your sample and pack it on day 0 (the day you land in the UK), day 1 or day 2 after you land.
3. Log the sample correctly on the lab's portal (<https://portal.salient.bio/register>), by selecting the "DAY 2 TEST" option and providing all other relevant details, including your booking reference, which you can find in your confirmation email, which we sent you when you booked and paid for the tests.
4. Post your sample as instructed (see section 1 of this sheet)
5. Your results will be emailed to you within 24 hours of your sample arriving at the lab.
6. If you test positive, then you must quarantine at your nominated isolation address for 10 days after the date of your result.
7. If you test negative, you do not need to quarantine

## DAY 2 AND 8 TESTS FOR UNVACCINATED TRAVELLERS (AMBER LIST COUNTRIES ONLY)

1. Two test kits will arrive in the post on or shortly after the day you arrive in the UK.
2. Collect your first sample and pack it on day 0 (the day you land in the UK), day 1 or day 2 after you land. This is your day 2 test sample. You will now have one kit left for day 8.
3. Log your first sample correctly on the lab's portal (<https://portal.salient.bio/register>), by selecting the "DAY 2 TEST" option and providing all other relevant details, including your booking reference, which you can find in your confirmation email, which we sent you when you booked and paid for the tests. **Please note the same reference number is assigned to your day 2 and day 8 tests. You do not need two separate reference numbers.**
4. Post the sample as instructed (see section 1).
5. Your results will be emailed to you within 24 hours of your sample arriving at the lab
6. If you test positive, then you must quarantine at your nominated isolation address for 10 days after the date of your result. You do **not** need to carry out any further tests.
7. If you test negative, you still need to isolate until the 10<sup>th</sup> day after you landed in the UK.
8. On day 8 after you land in the UK, collect your second sample and pack it using the remaining sample collection kit.
9. Log your second sample correctly on the lab's portal (<https://portal.salient.bio/register>), by selecting the "DAY 8 TEST" option and providing all other relevant details, including your booking reference, which you can find in your confirmation email, which we sent you when you booked and paid for the tests. **Please note the same reference number is assigned to your day 2 and day 8 tests. You do not need two separate reference numbers.**
10. **Repeat steps 4 to 6.**
11. If you test positive, then you must quarantine at your nominated isolation address for 10 days after the date of your result
12. If you test negative, then you are free to come out of quarantine on day 10 after you landed in the UK.

## TEST TO RELEASE FOR UNVACCINATED TRAVELLERS (DAY 5 – AMBER LIST COUNTRIES ONLY)

1. A single test will arrive on day 5 after you land in the UK.
2. Collect your sample and pack it as soon as your test arrives in the post.
3. Log the sample correctly on the lab's portal (<https://portal.salient.bio/register>), by selecting the "TEST TO RELEASE (DAY 5)" option and providing all other relevant details, including your booking reference, which you can find in your confirmation email, which we sent you when you booked and paid for the test.
4. Post your sample as instructed (see section 1 of this sheet).
5. Your results will be emailed to you within 24 hours of your sample arriving at the lab in the form of a signed letter. This is your Test to Release certificate.
6. If you test negative, you can leave your isolation address as soon as you have the result, instead of isolating until day 10 after your return. You should already have your negative result from your day 2 test, and you will still need to complete your day 8 test as normal.
7. If you test positive, then you must quarantine at your nominated isolation address for 10 days after the date of your result, and you will not be able to travel.

## FIT TO FLY CERTIFICATE

1. A single test will arrive a day or two after you order it on our website.
2. Collect your sample and pack it. The timing of sample collection and postage should be decided carefully in accordance with the government guidelines for the country you are flying to. Please click on the following link and select your destination for the latest advice: <https://www.gov.uk/foreign-travel-advice>. **Remember: your sample must be dated and timed within the timescales specified by your destination country, AND it takes time for your result to come back. This can be longer during weekends and bank holidays.**
3. Log the sample correctly on the lab's portal (<https://portal.salient.bio/register>), by selecting the "GENERAL TEST" option and providing all other relevant details.
4. Post your sample as instructed (see section 1 of this sheet).
5. Your results will be emailed to you within 24 hours of your sample arriving at the lab in the form of a signed letter. This is your Fit to Fly certificate.
6. If you test negative, you can use the certificate to gain entry into your destination country
7. If you test positive, then you must isolate at your nominated isolation address for 10 days after the date of your result, and you will not be able to travel.