



COMMUNITY COVID-19 TESTING

SELF SWABBING INSTRUCTIONS

Thank you for your interest in Gunnison Valley Health's Community COVID-19 Test for people who present without symptoms. This self swab test is designed to keep the testing process as simple as possible. Please take note of the following instructions:

STEP 1 - WHEN TO COLLECT YOUR TEST KIT?

- You can collect your test kit two (2) business days after requesting your test online. We need time to put your kit together, making sure all of your personal information and labels are correct.
- Please collect your test kit from Reception at Gunnison Valley Health's Main Entrance located at 711 N. Taylor Street in Gunnison **Monday to Friday between the hours of 7.30am - 12pm (noon) only**. Do not go to the swab shack at the front of the building. Your personalized test kit is only available at Reception.
- Payment of \$150 is required at time of collection.
- **Note: Please be prepared to take your test and return it the same day you collect it.**

STEP 2 - HOW TO SELF SWAB?

- Your testing kit will include:
- Collection tube
 - Biohazard bag
 - Swabbing instructions
 - Specimen label
 - Swab

IMPORTANT!

You must confirm your **name and date of birth are correct** on your label and place it on the collection tube.

Testing Instructions:



1. Take the provided swab out of its package. Do not touch the tip of the swab with your hands.



2. Screw off top of the collection tube. Hold swab in one hand and collection tube in the other, being careful not to spill the liquid. Do not drink the liquid.



3. Insert the tip of the swab into one nostril. Insert just until the tip of the swab is no longer visible. Rotate the swab in a circle around the entire inside edge of the nostril **at least 5 times**.



4. Take the swab out of the nostril. Using the same end of the swab, insert the swab into the other nostril and rotate around the inside of the nostril **at least 5 times**.



5. Remove the swab from the second nostril and place it in the collection tube. The end of the swab that went into the nose should be placed into the tube first so that it sits down in the liquid. Break swab at pre-scored line. Screw the top of the collection tube back on tightly.



6. Place sample in the ziplock section of the biohazard bag and return it to **Reception at Gunnison Valley Health immediately**.





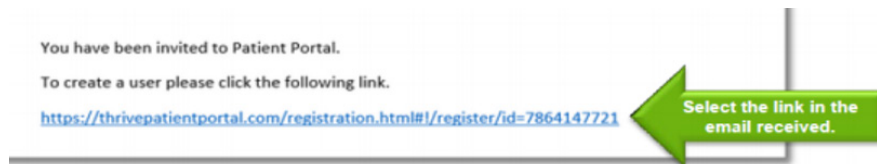
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STEP 3 - ACCESSING YOUR RESULTS

- All specimens will be sent to Mayo Clinic via a courier service the same day you return your test.
- Results may be processed as quickly as 48 hours but can take several days. On average test results are available between 72-96 hours, from the time it's sent to Reference Lab. *Please note: Gunnison Valley Health can not guarantee results in a specific time frame. We rely on receiving the results from Mayo Clinic.*
- You will be able to view your results in the Gunnison Valley Health Patient Portal.

Instructions on how to register for Gunnison Valley Health's Patient Portal

1. You will receive an email invitation (if you provided your email during your stay) to create your Patient Portal account. Click on the link provided in the email to start the registration process.



2. Enter your date of birth. The Profile # and email address will automatically be inserted in the correct information boxes. Next, create a User ID and password (remember your User ID and password, you will need them both to access your Patient Portal in the future). Review the information you provided in the boxes for accuracy. Select the check box verifying the information is correct and then click **REGISTER**.

3. Select an avatar then click **SUBMIT**.

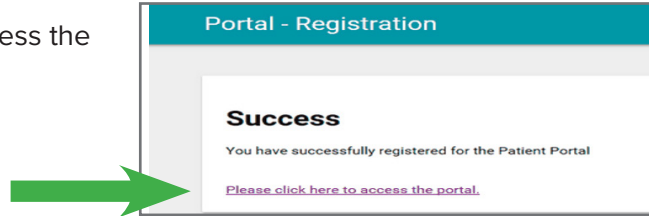
4. Select 3 security questions and provide the answers. Remember these. These questions will be asked if you forget your password. Then click **SUBMIT**.



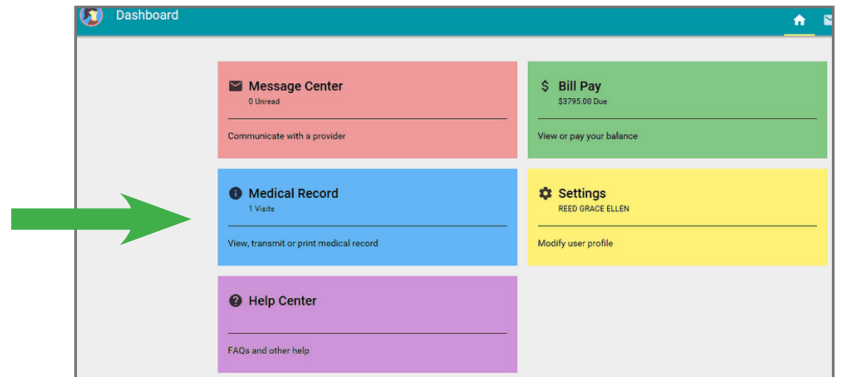
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Instructions on how to register for Gunnison Valley Health’s Patient Portal cont...

5. Click on the link ‘Please click here to access the portal.’

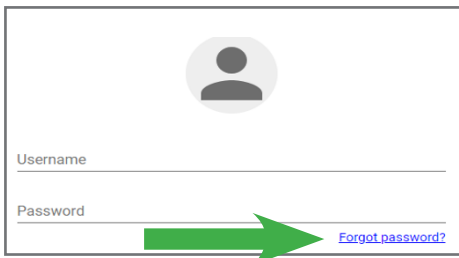


6. Click on ‘Medical Records’ to access your records.

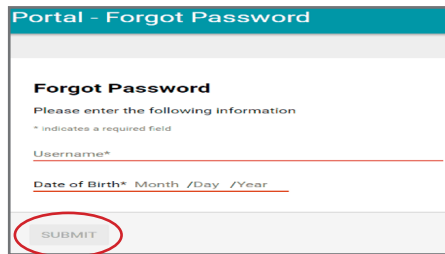


If you forget your password:

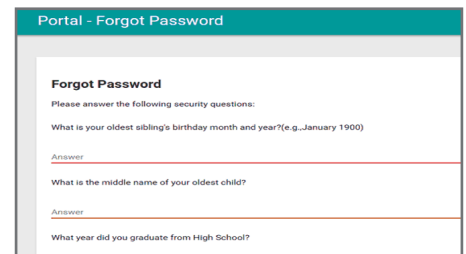
You can reset your password through the portal. Go to www.thrivepatientportal.com. Select “Forgot Password?” and then follow the prompts.



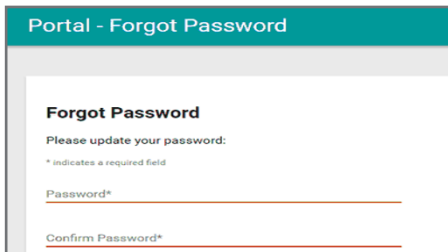
1. Click forgot password.



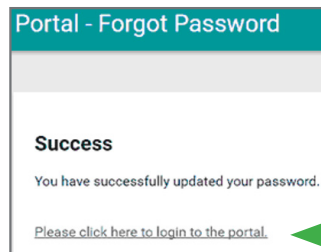
2. Enter information then click submit.



3. Answer security questions then click submit.



4. Enter new password then click submit.



You have successfully updated your password. Click the link to access the Patient Portal.