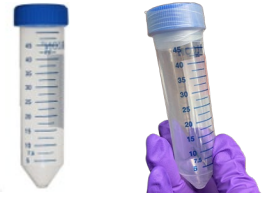


TB Elimination Program: Patient Self-Collect Packaging and Shipping Specimens in Cardboard Mailers

PLEASE FOLLOW INSTRUCTIONS

1. Collect Sputum Specimen

- **Collect** at least 1 teaspoon (5 mL) of sputum in specimen tube.
- **Close** the tube's lid tightly. Ensure it is **threaded properly**.
- **Seal lid** with plastic wrap to **prevent leaks** (if wrap is provided).



TB Specimen Collection Tube

2. Wrap Specimen Tube in Absorbent Material

- **Wrap** each closed specimen tube in **absorbent material** (such as a sheet of tissue or paper towel).
- **Use** enough material to soak up the entire specimen should it leak.



3. Place Specimen Tube in Secondary Container

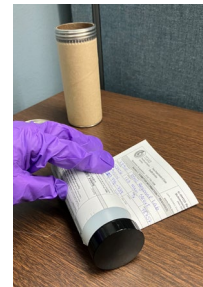
- **Place** the wrapped specimen tube into the white, hard-sided, secondary container.
- **Ensure** the specimen tube is secured in the secondary container by stuffing any gaps with absorbent material to better **absorb shock** and **prevent leaks**. **Close** the lid.



4. Place Secondary Container in Outer Mailer

- **Wrap** the **completed G-MYCO submission form** neatly around the **secondary container**.
- **Place** the secondary container and submission form into the cardboard outer mailer. **Close** the lid securely.

Please ensure submission forms are neatly packaged. Crumpled or wrinkled forms cause delays in processing specimens.



5. Prepare Specimen for Shipping to DSHS Lab

- **Stick** prepaid United States Postal Service (USPS) postage label to exterior of outer mailer if shipping by USPS.
- **Do not use prepaid labels** if shipping by **FedEx** or **another courier**.
- **Ship** per instructions of your chosen courier/mailing service.



USPS Shipments



All Others

