



## Tips for Testing

Testing is serious business. Whether you're fulfilling a negative test requirement or experiencing symptoms, it's important to work with a trained professional. Aira Agents understand how to direct people through complex tasks. In fact, Aira Agents regularly work with diabetics.

Agents' skills are developed through hours and hours of experience working with a wide variety of people, on an equally wide variety of tasks. Aira Agents use a proprietary technology platform that supports taking pictures and can provide you with an image of your test results.

Your Aira Agent will walk through each specific step based on your kit and the corresponding instructions. The following tips are meant to help you get ready.

### Setup:

- Plan to spend about 30 minutes with your Agent. Processing time varies among test brands—your Agent will advise on time requirements based on your kit's instructions.
- Get situated at a table or desk with clear space to work while you are seated.

### Materials (these are recommended but optional):

- Have a small, rimmed baking sheet or a low bowl to empty the small pieces into and prevent anything from rolling off your work surface.
- Have tissues nearby—some tests require you to clear your nasal passages before sampling.
- Have something with which to raise your phone—perhaps a mount or a stack of books—so you can use both hands, and the Agent can still see your testing material through your phone's camera.

- Have a timer nearby that is not on your phone.

## Getting ready:

- Your Agent will check the expiration date on your kit.
- Once you open your kit, identify each of the pieces by the name used in the instructions.
- Keep the tray from the packaging—it often has a hole cut into it to use as a stand for the reagent in the tube (or vial).
- While working with your Aira Agent, try standing the tube (or vial) with the reagent in the tray before removing the foil tab on the top of the reagent tube.
- When it's time to remove the swab from its packaging, you should feel for the stick end versus the cotton swab end before you open it.
- Orient yourself with the indentations on the test cassette by gently feeling the shapes.

## Taking the test:

- Before you start, wash your hands.
- Your Agent will take over from here.
- When you are finished, your Agent can provide you with photos of your test results with a detailed description, either in the Aira app, as an attachment to an email, or both.
- Easy titles and alt text for your photo are Negative Covid Test MM DD YY OR alternatively, Positive Covid Test MM DD YY.