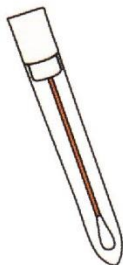


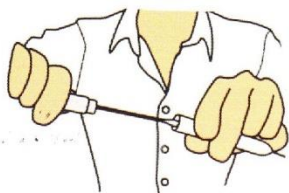
遺伝子採取キット

*初めに、口内を水でよくすすぎ、**30分間**待つ



- 1) Your saliva sample kit contains several swabs.

唾液口内粘膜採取キットは3本あります



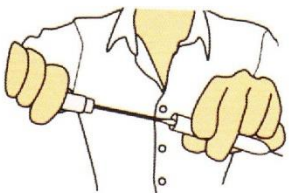
- 2) Remove the swab from its container and in the process of doing so only touch the plastic fastening.

1本目を取りだし、プラスチックのキャップの部分だけを持ちます



- 3) Scrape the inside of your cheeks, over your gums and under your tongue with the swab for **30 seconds**.

先の綿棒を両頬の内側、上頤、舌の下側などの粘膜に30秒**ほど擦りつけます**



- 4) Insert the swab back into its container.
Please write your **name and date of birth** on the swab.

試験管に戻ししっかりとキャップを閉め、名前と誕生日**をローマ字で書きます**



- 5) Repeat this process **with each of the enclosed swabs**.

残りの2本も同様に繰り返します