

Instruction for PCR test for Oversea Travelers

- * This test is a SARS-CoV-2(Novel Coronavirus) PCR test for those who will be asked to present a COVID-19 negative certificate in order to travel overseas. (This test is not covered by public health insurance.)
- * The PCR test performed at our center is real time RT-PCR, which is one of the nucleic acid amplification tests (NAT or NAAT) that precisely detects the genes of viruses.
- * **Please be sure to check the requirements of your destination country before selecting a sampling method (saliva test or nasopharyngeal swab). In countries where saliva testing is approved, such as the United States (including the state of Hawaii), our center basically provide saliva tests.**

【Saliva PCR test step】

ATTENTION! : Drinking, eating, gurgling and toothbrushing are not allowed from 30 minutes before testing.

- After registering your identification, we would like you to use a plastic funnel attached to the test tube and collect about 1-2ml of your saliva. Be sure not to contaminate outside the tube. Discard the funnel into the bin. Then, put the lid back on.
- Hand your sample to our laboratory staff. Do not forget to use hand sanitizer to disinfect your hands before leave.

【Nasopharyngeal (swab) PCR test step】

- We are using a test booth in order to protect examiners and the environment.
- Your examiner will insert a swab through your nostril deep into the upper part of your throat. You may feel a little bit of pain. Please try staying still so that the swab can be inserted safely.
- Please wait for about 10 seconds, just to make sure enough material is collected.
- The swab will be removed. Please wait inside the booth until the examiner finish handling the sample.

【Possible circumstances after having a nasopharyngeal swab test】

- You may have a slight nosebleed or a blocked nose after sampling.
- You may feel your ears blocked on the airplane due to blockage of the nose. Normally, those symptoms are temporary.

【Result and Certificate】

- It takes 3 to 4 hours maximum to get result back and your COVID-19 negative certificate to be issued. If the test leads to an inconclusive result, we need extra time to retest and get the result. We will give you a phone call if applicable. (You do not have to come back again to take another sample as we use the same sample for re-testing.)
- **In case you tested positive, we will call to you immediately.** In such cases, you have to stay where you are and follow the orders from the public health center in your jurisdiction. In addition, we are not able to issue a negative certificate and the test fees are not refundable. Thank you for your understanding.
- Immigration requirements may change suddenly based on the country's policy. On arrival at your destination, immigration and movement restrictions may be applied by the country. A negative certificate issued by this PCR test is not necessarily exempt you from such restrictions.
- Please be sure to select a sampling method (saliva test or nasopharyngeal swab) after checking the requirements of your destination country. The Center will not be held responsible for the consequences of not being able to travel due to the wrong choice of specimen collection method.