

Draft instructions for self
collection

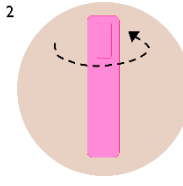
Mouth rinse sample collection for COVID-19 Testing

Please read all instructions before taking your sample

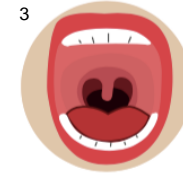
Make sure you are wearing a mask especially if you are doing indoor sample collection



1 Wash your hands with soap and water or hand sanitizer



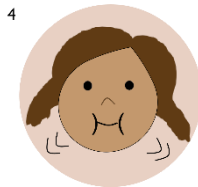
2 Open the pink saline (salt water) vial by twisting the top holding it with your thumb & finger.



3 Squeeze all of the saline into your mouth, **but do not swallow it.**

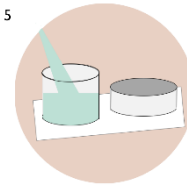
Put your face mask back on.

Pull your face mask down below your mouth, if you are wearing one.



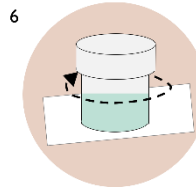
4 Rinse your mouth for 5 seconds by swishing the saline in your mouth. Then tilt head back and gargle for 5 seconds.

Repeat swishing and gargling 3 times for a total of 30 seconds.

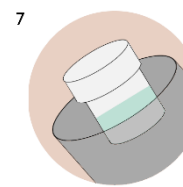


5 Twist the cap off the container.

Pull your face mask down and spit the liquid from your mouth into the container. Put your face mask back on



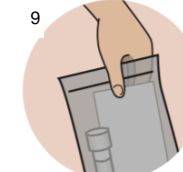
6 Put the lid back on the container and screw on tightly.



7 Put container in the plastic bag.



8 Wash your hands with soap and water or hand sanitizer .

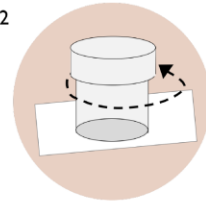


9 Give the bag back to your health care provider.

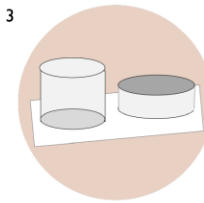
Saliva Sample



1 Wash your hands with soap and water.



2 Spread a paper towel down on a flat surface.
Twist the cap off the container

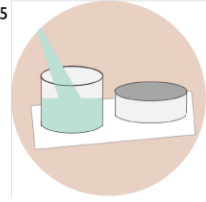


3 Put the lid with the inside surface facing up on the paper towel.

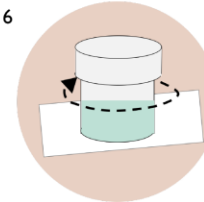
Don't eat, drink, smoke, or chew gum for 1 hour before providing your saliva sample.



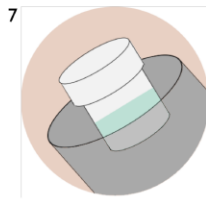
4 Swallow and bring up saliva from the back of your throat



5 Spit into the tube until your saliva reaches the marked line at 10ml.



6 Put the lid back on the container.



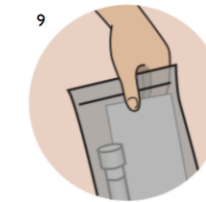
7 Put container in the plastic bag.

If you're having trouble creating saliva:

- Think about your favorite food
- Gently rub your cheeks from the outside (pressing them against your teeth and gums)



8 Wash your hands with soap and water.



9 Give the bag back to the nurse.

