

Sample Instructions

- Do not eat or drink anything 30 minutes prior to collection.
- You will take two samples of saliva.
- The first (Sample 'A') should be done when you get to work and ideally before you start your shift when you are relatively unstressed.
- The second one (Sample 'B') should be taken 30 minutes after you have had your big rush or are done with your shift.
- These samples are time sensitive. Therefore, if you forget to take your follow-up sample or eat something by accident, please contact us and we will give you another set of cotton swabs to collect saliva another day.

Directions for saliva collection

1. Rinse your mouth out thoroughly with water.
2. Wait about 10 minutes.
3. Peel back the protective packaging around the swab.
4. Being careful not to touch the swab, place it in your mouth underneath your tongue. (See the top image to the right)
5. Keep it in your mouth for 1 to 2 minutes until the swab is fully saturated with saliva.
6. Open the cap and insert the swab into the tube, again being careful not to touch the swab with your hands.
7. Recap the tube tightly. (See the middle image to the right)
8. Write the time on the plastic vial and place it back in the ziplock bag. (See the last image on the right)
9. Immediately place the plastic tube in a freezer.

