

Covid Testing

Saliva Collection Steps

Follow these five steps to collect saliva for the test. This is collection of normal saliva (dribbling or drooling) and NOT material from sniffing or deep coughing.

1. Wash hands before collecting specimen with alcohol hand sanitizer or soap and water.



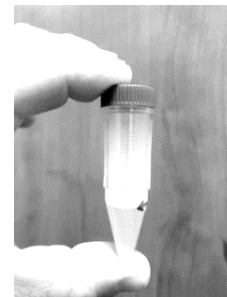
2. Remove lid of collection container and provide sample by gently expelling saliva into the collection tube until 1 ml has been collected. Total volume should exclude bubbles.



3. If you struggle to provide a sample, close the tube and relax. Try thinking about citrus or your favorite foods. Or try massaging your inner cheeks with your tongue and/or outer cheeks with your fingers.



4. Once 1 ml is collected, securely replace the lid of the collection container, as shown at right.



5. After collection, be sure to wash your hands as shown in Step 1.