

Saliva Collection Kit Instructions

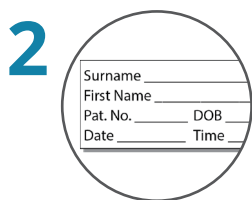
Kits with Funnel and Cap Containing Blue Liquid

See Public Health Ontario's [COVID-19 PCR Saliva Specimen Collection Instructions website](#) for more details on what to do before and after the specimen is collected.

Note: Saliva collection kits may come with a straw or funnel and may also come either with or without a saline rinse packet, or a cap with blue transport liquid.

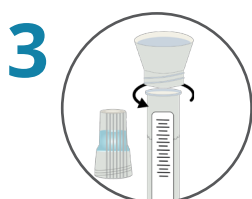


- A. Wash your hands with soap and water or hand sanitizer
- B. Confirm kit contents (as shown in the top right image).



Make sure test tube is labelled with your:

- full name
- date of collection
- one other unique identifier (e.g., date of birth or Health Card Number)



- A. If already capped, unscrew the cap from the tube and store the cap upside down on a clean surface
- B. Insert funnel into the tube and ensure it fits snugly into the tube opening.



- A. If masked, remove your mask.



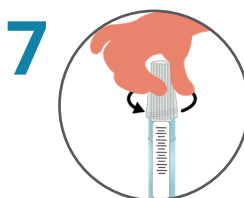
- A. Allow saliva to pool in your mouth.
TIP: To produce more saliva, you can rub the inside of your cheek with your tongue.



- A. Using the funnel, slowly and gently spit your saliva through the funnel directly into the tube

Note: Take your time being careful not to splash or spill.

- B. Continue until the level in the tube reaches the fill line (around 2-3 ml), not including bubbles
- C. This may take 2-5 minutes.



- A. Remove and discard the funnel.
- B. Screw the cap back on the tube.
- C. Twist the cap until you hear a click and the blue liquid mixes into the tube.

Note: DO NOT reopen the tube or remove any liquid

- D. Shake the tube for a few seconds to mix saliva with the blue liquid.



- A. Check that the cap is screwed on tight.
- B. With a clean tissue, wipe the outside of the tube and cap.
- C. Check that label is complete (see Step 2).
- D. Place tube in clear biohazard bag, then place completed form in bag's outside pocket.



- A. Wash your hands with soap and water or hand sanitizer.
- B. If you were wearing a mask, put it back on.