

Saliva Collection Kit Instructions

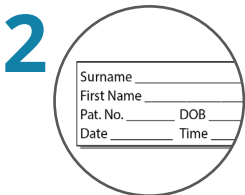
Kits with Funnel and WITHOUT a Saline Rinse Packet

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 of funnel and may also come either with or without a saline rinse packet, or a cap with blue transport liquid.



1.
 - 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)



3.
 - A. Unscrew the tube cap and place cap upside down on a clean surface.
 - B. Insert the funnel into the tube and make sure it fits snugly into the tube opening.



4.
 - A. If masked, remove your mask.



5.
 - A. Allow saliva to pool in your mouth.

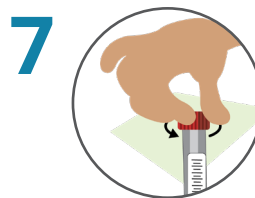
TIP: To produce more saliva, rub the inside of your cheek with your tongue.



6.
 - A. Using the funnel provided, slowly and gently spit your saliva directly into the tube through the funnel.

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.



7.
 - A. Remove and discard the funnel.
 - B. Screw the cap back on the tube.

Note: DO NOT reopen the tube or remove any liquid



8.
 - 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.



9.
 - A. Wash your hands with soap and water or hand sanitizer.
 - B. If you were wearing a mask, put it back on.