

# Saliva Collection Kit Instructions

## Kits with Funnel and 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.

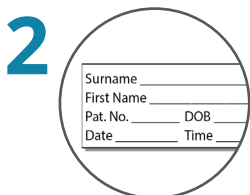
**Note:** Saliva collection kits may come with a straw or funnel and may also come either with or without a saline rinse packet, or a cap with blue transport liquid.



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



3. Swish saline rinse in your mouth for 5 seconds.
4. Tip your head back and gargle for another 5 seconds.
5. Repeat A & B for 5 seconds.
6. Repeat A & B again for 5 seconds.



- 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)



7. Using the funnel, slowly and gently spit the saline rinse through the funnel directly into the tube.

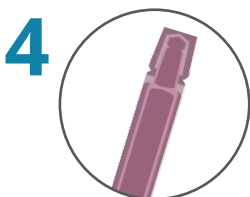
- Note: Take your time being careful not to splash or spill.**
8. Remove the funnel and discard the funnel.
  9. Screw cap back on the tube.
- Note: DO NOT reopen the tube or remove any liquid**



10. Unscrew the tube cap and place cap upside down on a clean surface.
11. Insert the funnel into the tube and make sure it fits snugly into the tube opening.



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



16. If masked, remove your mask.
17. Open the packet of clear saline rinse provided.

- NOTE: Use only the liquid provided in the packet.**
18. Squeeze all the saline rinse into your mouth.
- NOTE: DO NOT SWALLOW.**



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