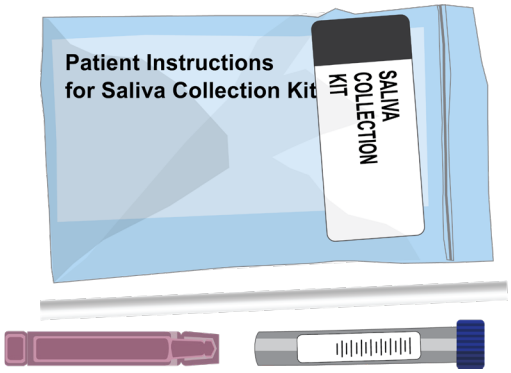
Saliva Collection Kit Instructions

Kits with Straw and Saline Rinse Packet

Public Health Ontario | Santé publique Ontario

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 come 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

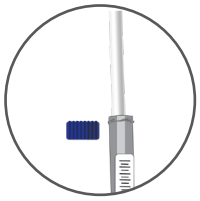
A. Wash you hands with soap and water or hand sanitizer.
B. Confirm kits contents (as shown in the top right image).

2

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 straw into the tube.

4

A. If masked, remove your mask.
B. Open the packet of clear saline rinse provided.

NOTE: Use only the liquid provided in the packet.

C. Squeeze all the saline rinse into your mouth.

NOTE: DO NOT SWALLOW.

5

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

6

A. Using the straw, slowly and gently spit the saline rinse through the straw 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.

This may take 2-5 minutes.

7

A. Remove and discard the straw.
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.