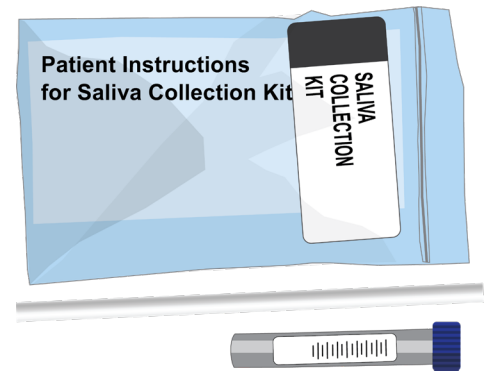


# Saliva Collection Kit Instructions

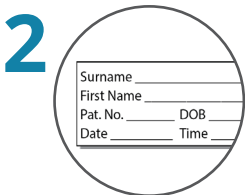
## Kits with Straw and WITHOUT a Saline Rinse Packet

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 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.

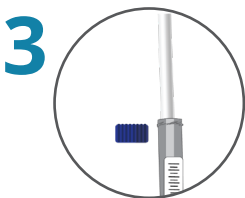


- 1**
- Wash your hands with soap and water or hand sanitizer
  - Confirm kit contents (as shown in the top right image).



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**
- Unscrew the tube cap and place cap upside down on a clean surface.
  - Insert the straw into the tube.



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



- 5**
- Allow saliva to pool in your mouth.
- TIP:** To produce more saliva, rub the inside of your cheek with your tongue.



- 6**
- Using the straw 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.**

- 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**
- Remove and discard the straw.
  - Screw the cap back on the tube.

**Note: DO NOT reopen the tube or remove any liquid**



- 8**
- Check that the cap is screwed on tight.
  - With a clean tissue, wipe the outside of the tube and cap.
  - Check that label is complete (see Step 2).
  - Place tube in clear biohazard bag, then place completed form in bag's outside pocket.



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