

How to Collect Saliva for a Covid-19 Test



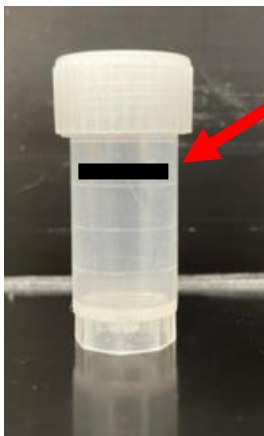
Before Test

30 minutes before you test, do NOT:

- Eat
- Drink
- Smoke or chew tobacco
- Chew gum

How to Collect the Sample

1. Cough and clear throat.
2. Gently rub the outside of your cheeks to make more saliva.
3. Collect saliva in your mouth.
4. Dribble or gently spit into the collection tube.
5. Repeat all steps until you fill the collection tube with enough saliva to reach the line marked **3 ml**.
 - The black line on the tube shows the 3 ml line.



6. When done close the lid. Make sure the lid is tight on the tube.