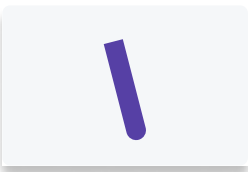
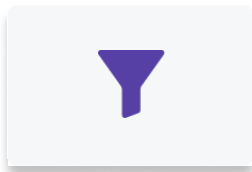


SALIVA COLLECTION PROCESS

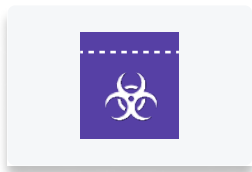
Tools to be prepared:



1 sterile transport tube, 5 ml capacity.



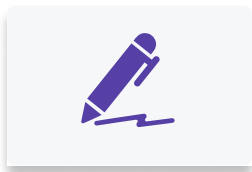
1 sterile mini clear plastic funnel.



1 ziplock top biohazard specimen bag.



1 large paper envelope

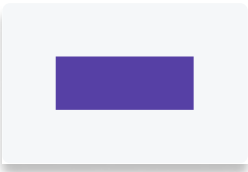


1 permanent marker



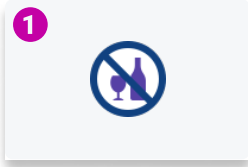
1 pen

1 absorbent pad.

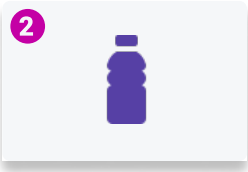


1 self-sealing bubble out bag.

DNA Sample Collection Steps:



Do NOT consume alcohol 12 hours before giving your saliva sample



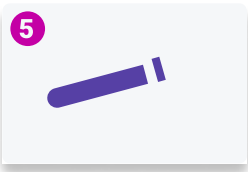
Drink a cup of water 60 minutes before collecting saliva to ensure adequate hydration for saliva flow.



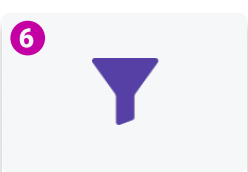
Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your saliva sample.



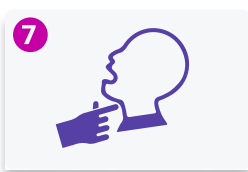
Wash your hands properly prior to taking a saliva sample to avoid contamination.



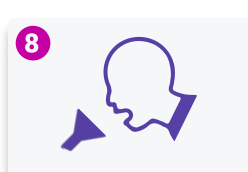
Unscrew the lid of the tube. Place the lid upside down in a clean, secure spot as it will be used to seal the sample.



Push the sterile funnel you have prepared earlier into the top of the tube. The funnel should fit snugly into the tube opening.



Before spitting, relax and rub your cheeks gently for 30 seconds to make saliva.



Allow saliva to pool in your mouth. Begin carefully spitting onto the tapered inside of the funnel allowing the saliva to run down into the tube. Try to avoid spitting too much at once or into the center of the funnel.



Continue to spit into the funnel until the saliva volume reaches 2-3 ml, not including the bubbles. This may take 2-5 minutes.



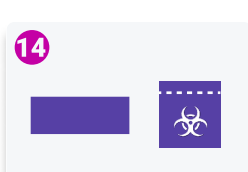
Remove the funnel. Screw the lid tightly on the tube. Do NOT touch the inside of the tube or the lid. Do NOT reopen the tube and try to add more saliva.



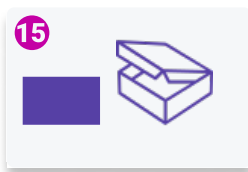
Wipe away any collection material that may have contacted the outside of the tube.



Place the transport tube and the absorbent pad in the ziplock top biohazard specimen bag.



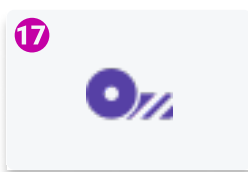
Seal the ziplock top biohazard specimen bag and place it in the bubble out bag.



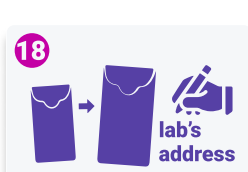
Seal the bubble out bag then place it into the corrugated cardboard box mailer for shipping.



Attached the “UN3373. Biological Substance, Category B” label on the top side of the corrugated cardboard box mailer.



Use the tamper evident security tape to seal the corrugated cardboard box mailer.



With a permanent marker, write down the selected nearby lab’s address on the cardboard box and ship it immediately. You DO NOT need to mention your name, address, or any personal information anywhere.