

# COVID-19 Testing: Saliva Collection Instructions

**High quality, reliable COVID-19 test results begin with a high quality saliva sample:**

- To ensure specimen viability, you must arrive at a Centralized COVID-19 Accommodation Testing site **within 1 hour** of saliva collection.
- No drinking (includes water, coffee etc.), chewing gum, smoking or chewing tobacco **for at least 10-15 minutes prior to sample collection.**
- Collect your sample in the privacy of your home or vehicle (not in a shared or public space).
- Before collecting your sample, wash your hands (or use hand sanitizer).
- Begin pooling saliva in your mouth (try thinking about a favorite food).
- Open collection vial, place the funnel over vial and begin collecting sample (this may take up to 15 minutes).
- Your saliva sample should be **clear, watery fluid** (no sputum, coughing, thick material or food particles as this will cause the sample to be rejected).
- Fill the tube up to or just above the **red fill-line** (at least 1 ml, excluding bubbles); **tightly close cap.**
- After collecting your sample, again wash your hands (or use hand sanitizer).
- Label your saliva collection tube (unlabeled tubes will not be accepted).
  - » First and last name
  - » Employee ID
  - » Time of your saliva collection
- A staff member will register and inspect your sample (verify collection time, sample volume, clarity etc.).
- Please also record information below- tear off (or fold this form) and place in your specimen collection bag.

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Name (printed, first & last)

Employee ID

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Date and time of saliva collection