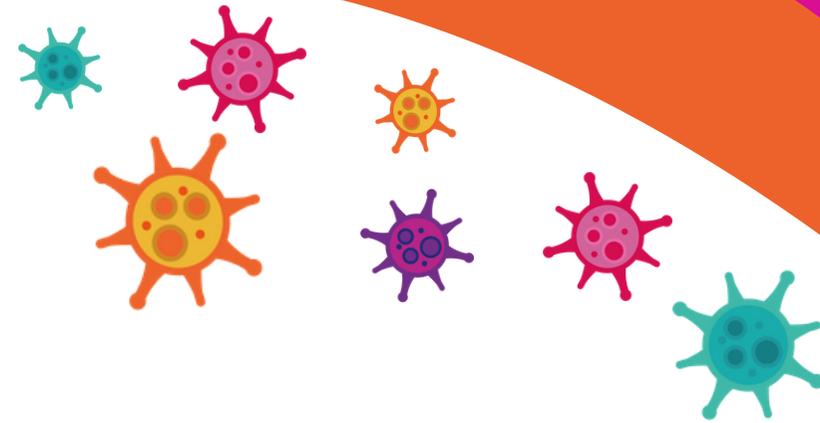


Testing for  
COVID-19



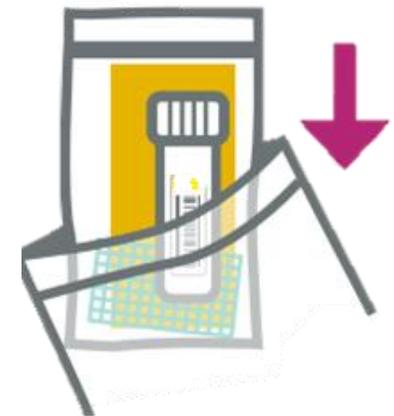
SEND resource pack

Symbol-Assisted Story

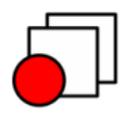
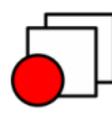
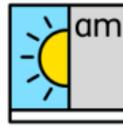
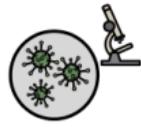
Saliva Test: Step-by-Step Instructions



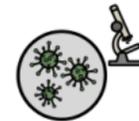
# Symbol Assisted Saliva Test Instructions (v4)



You must take your test in the morning before eating or drinking and before



brushing your teeth or using mouthwash. This is to make sure the test is accurate.





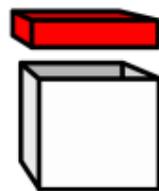
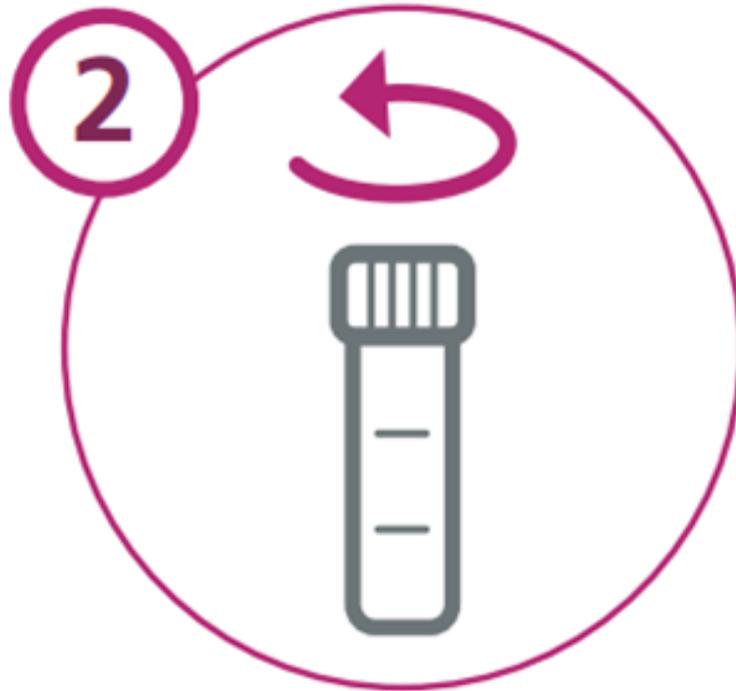
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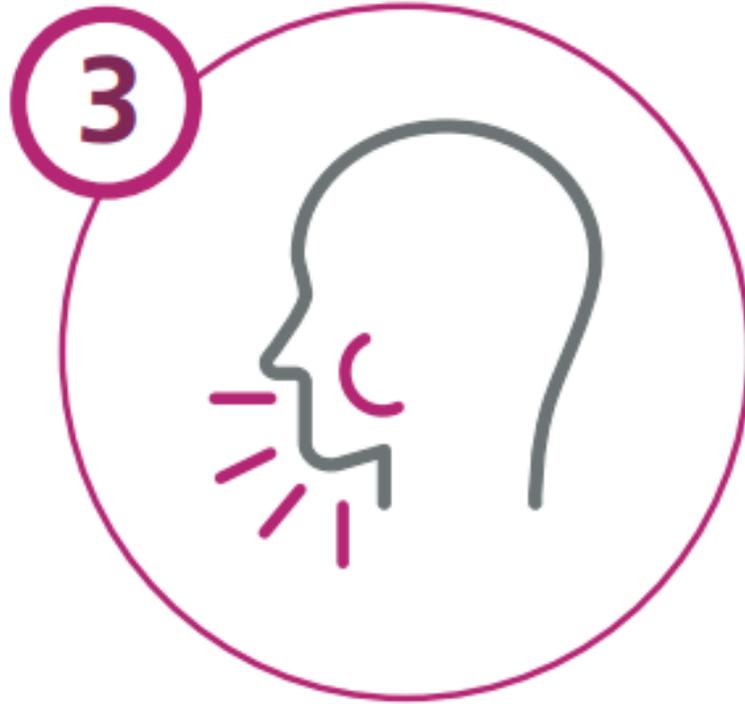
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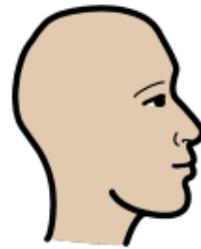
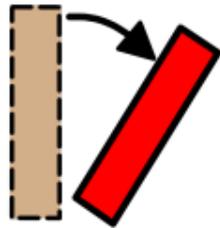
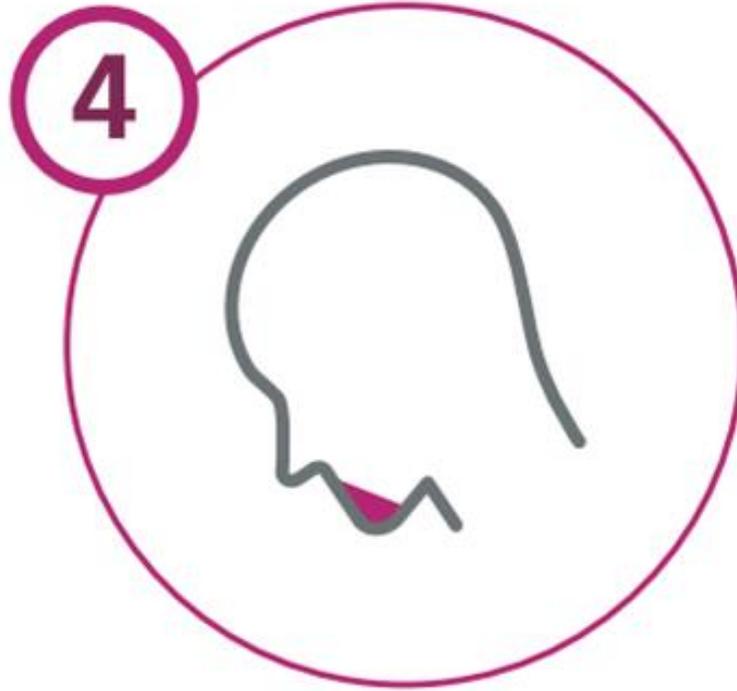
1. Wash your hands for 20 seconds with soap and water.



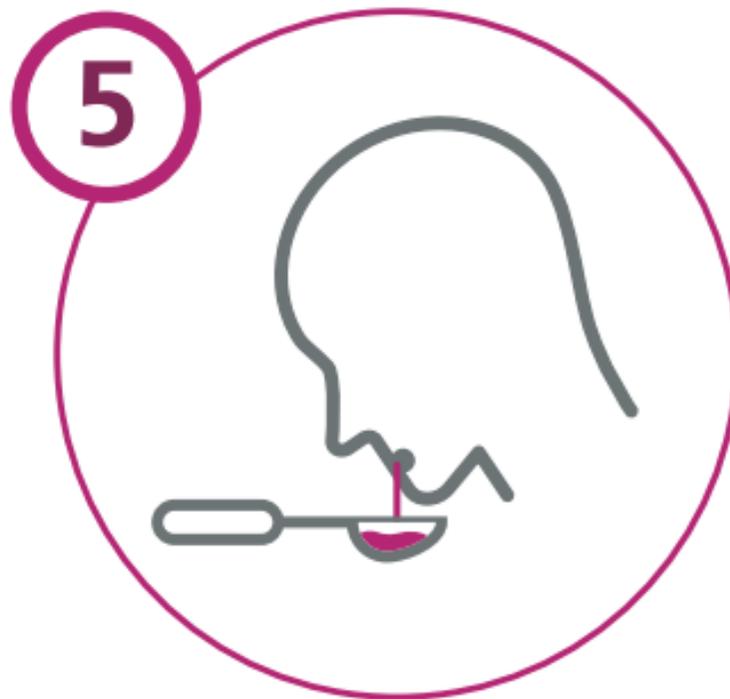
**2. Unscrew the lid of one pot.**



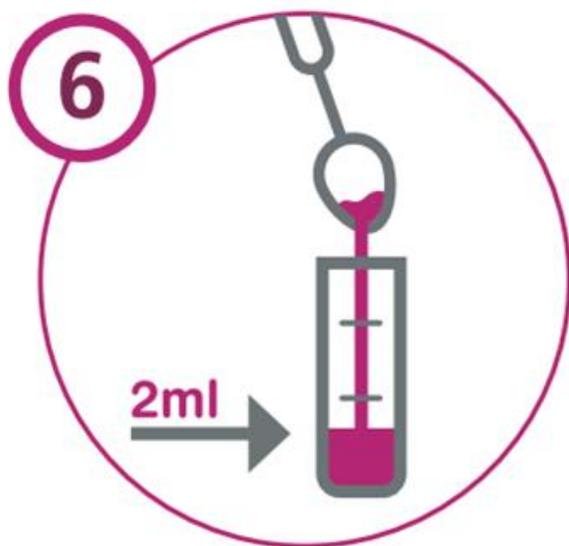
**3. Move your mouth like chewing and/or rub your cheeks gently.**



**4. Tilt your head forward.**



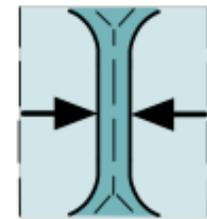
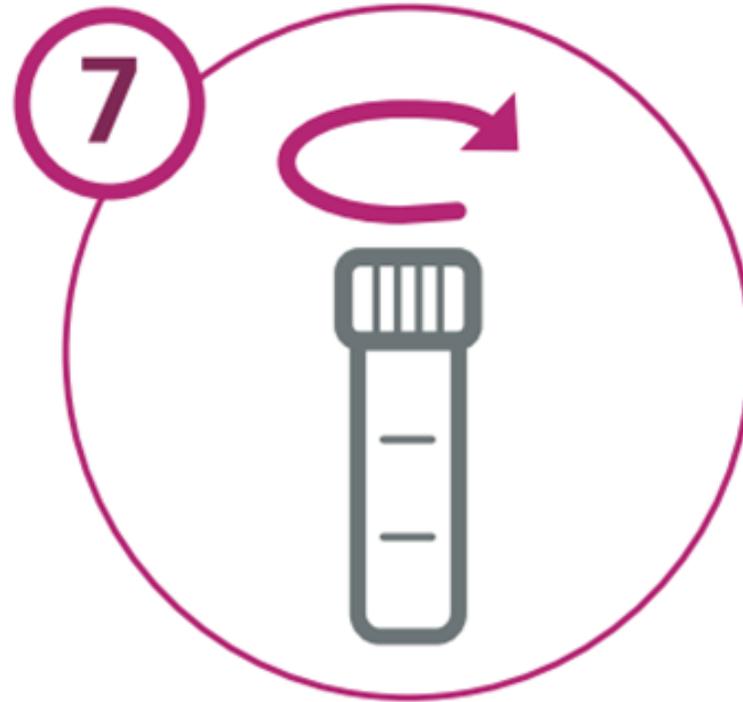
5. Gently spit out the saliva into a clean spoon.



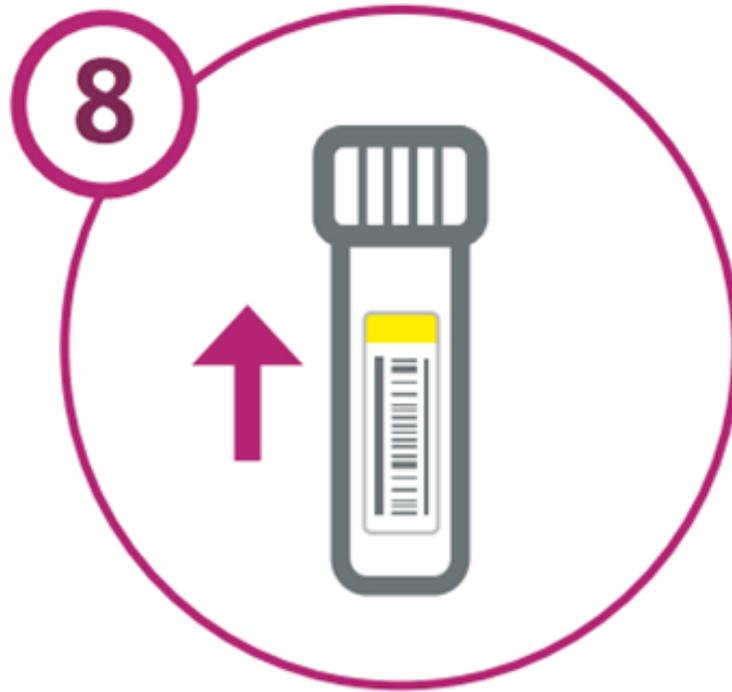
6. Carefully pour the saliva from the spoon into the pot. Check that the saliva

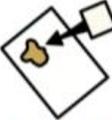
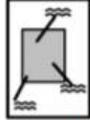
reaches the fill line on the pot. If you need more, spit into the spoon and pour

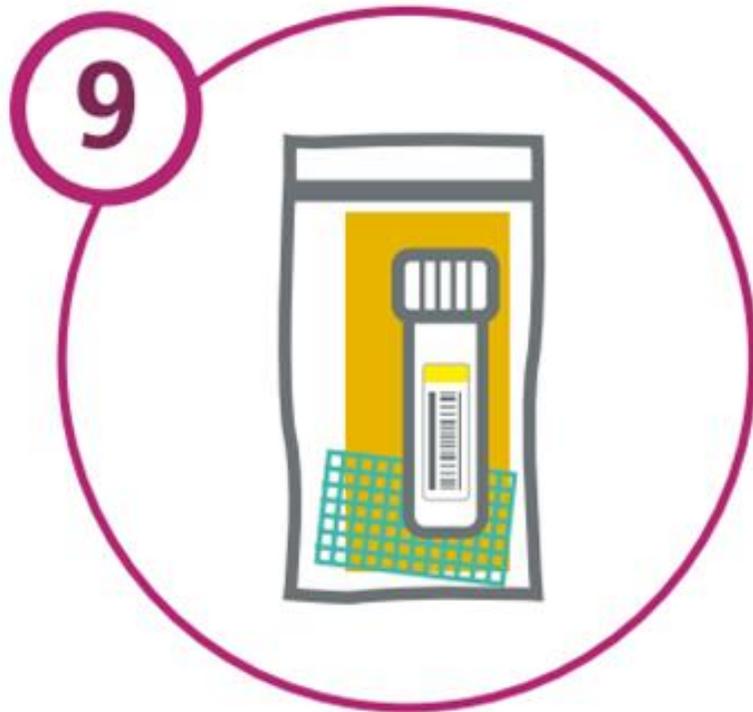
into the pot again until it reaches the line.

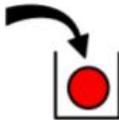


**7. Screw the lid back on the pot tightly.**



8.  Stick one of the  pot  labels on your  pot over the guide label. It will look like this.



9. Put the  pot  inside one of the  small bags. Now  put in a piece of absorbant  material

and one  yellow  leak detector .  Seal the  bag.



**20**

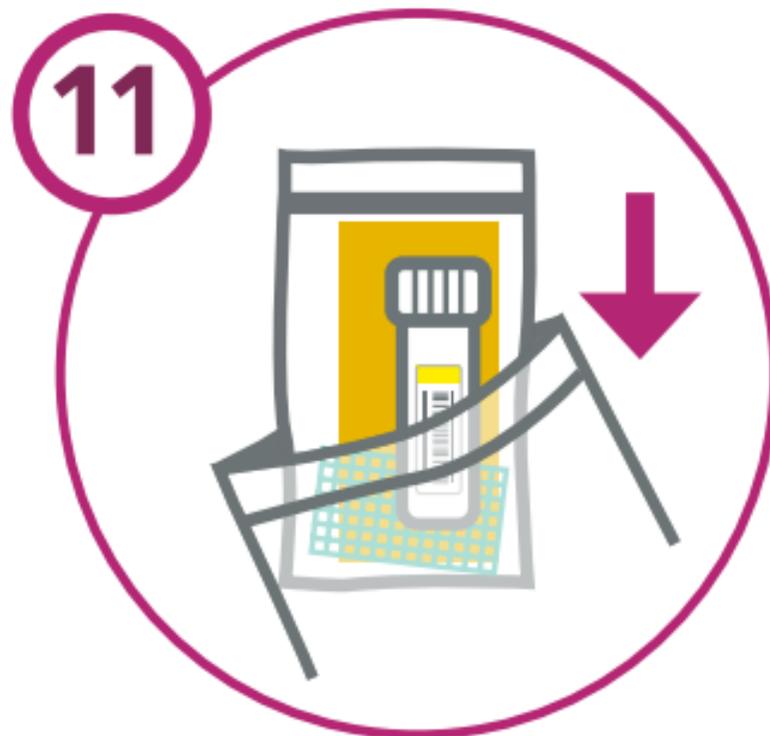


**10. Wash hands and spoon for 20 seconds with soap**

**+**

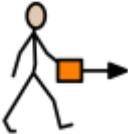
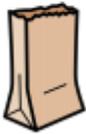


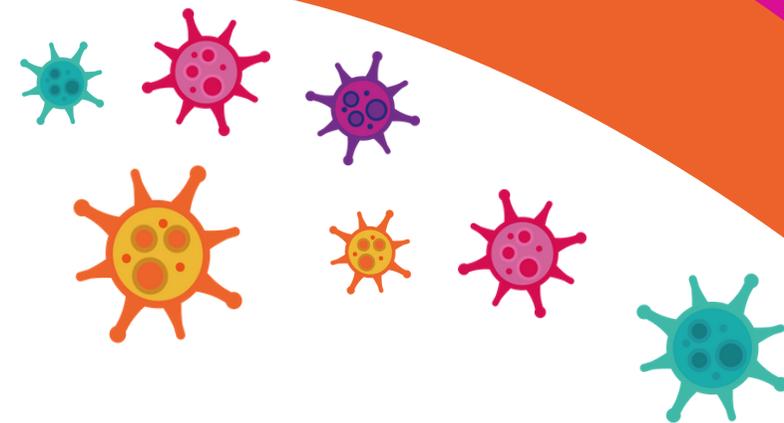
**and water.**



**11. Put the small bag into one of the large bags and seal.**



12.  Take  the bag  to the collection box  when you go to school  or college.



Resources co-created with and from an original concept by LifeLab, based at the University of Southampton, Southampton Education School and NIHR Southampton Biomedical Research Centre. The views expressed are those of the authors and not necessarily those of the NIHR, or the Department of Health and Social Care.