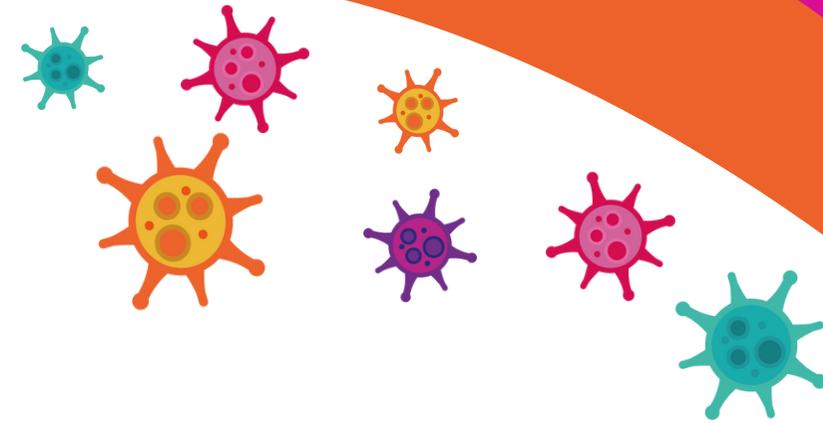


Testing for
COVID-19



SEND resource pack

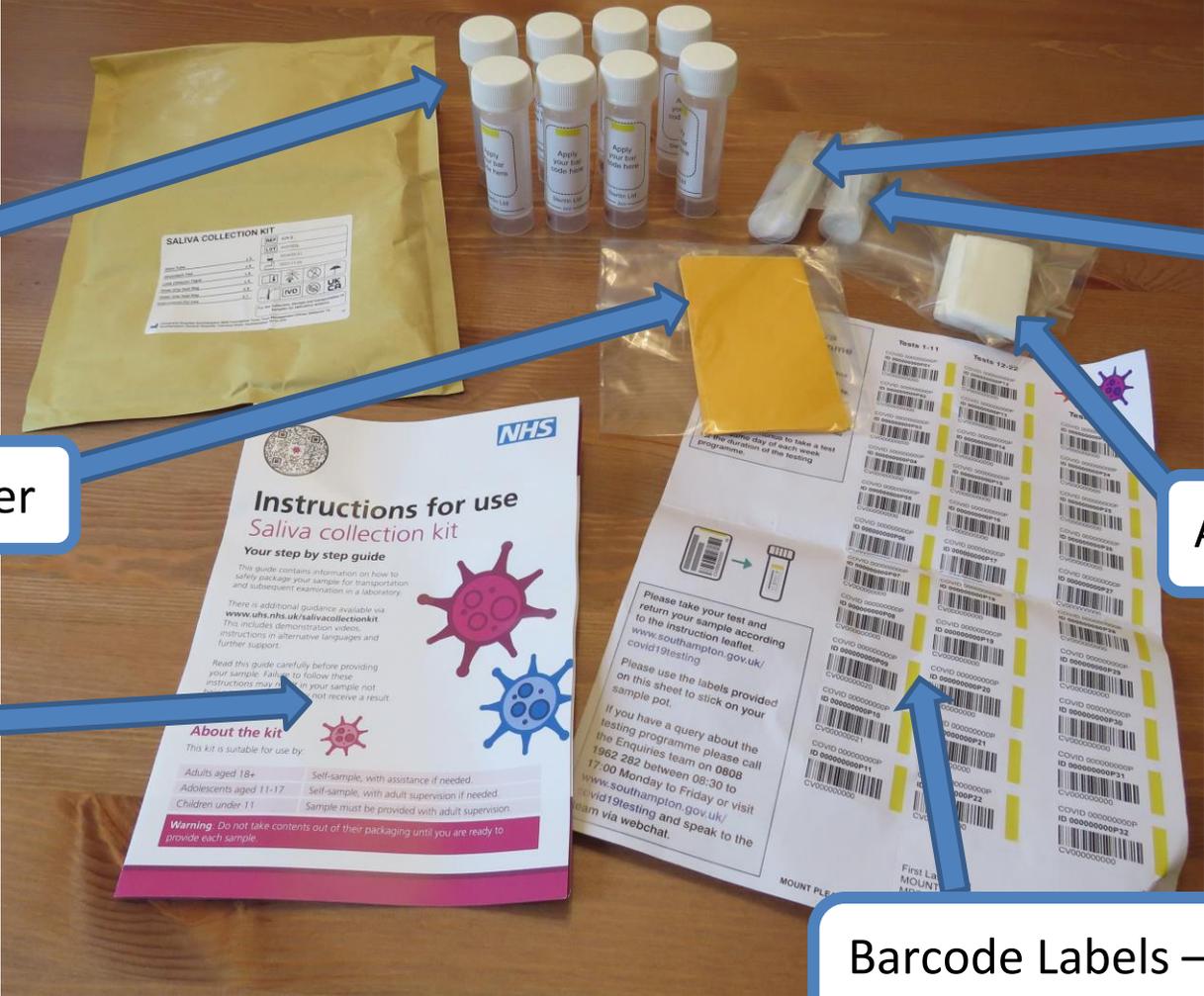
General Resources

Saliva Collection Kit - Hints and Tips

Saliva Collection Kit: Hints and Tips



What's in the Collection Kit?



30ml Tubes

Outer Bags

Inner Bags

Leak Detector Paper

Absorbent Pads

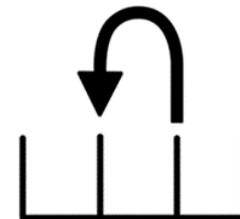
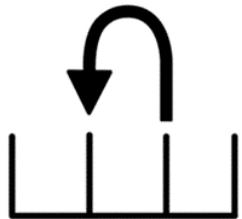
Step by step Instructions

Barcode Labels – these will be given to you at school separately.

When to take the test?

The test must be done in the morning, just after you wake up and

- **before eating and drinking and**
- **before brushing your teeth or using mouthwash.**



Tips for having enough saliva

You need about 2ml of saliva for the test. That's about half a teaspoon.

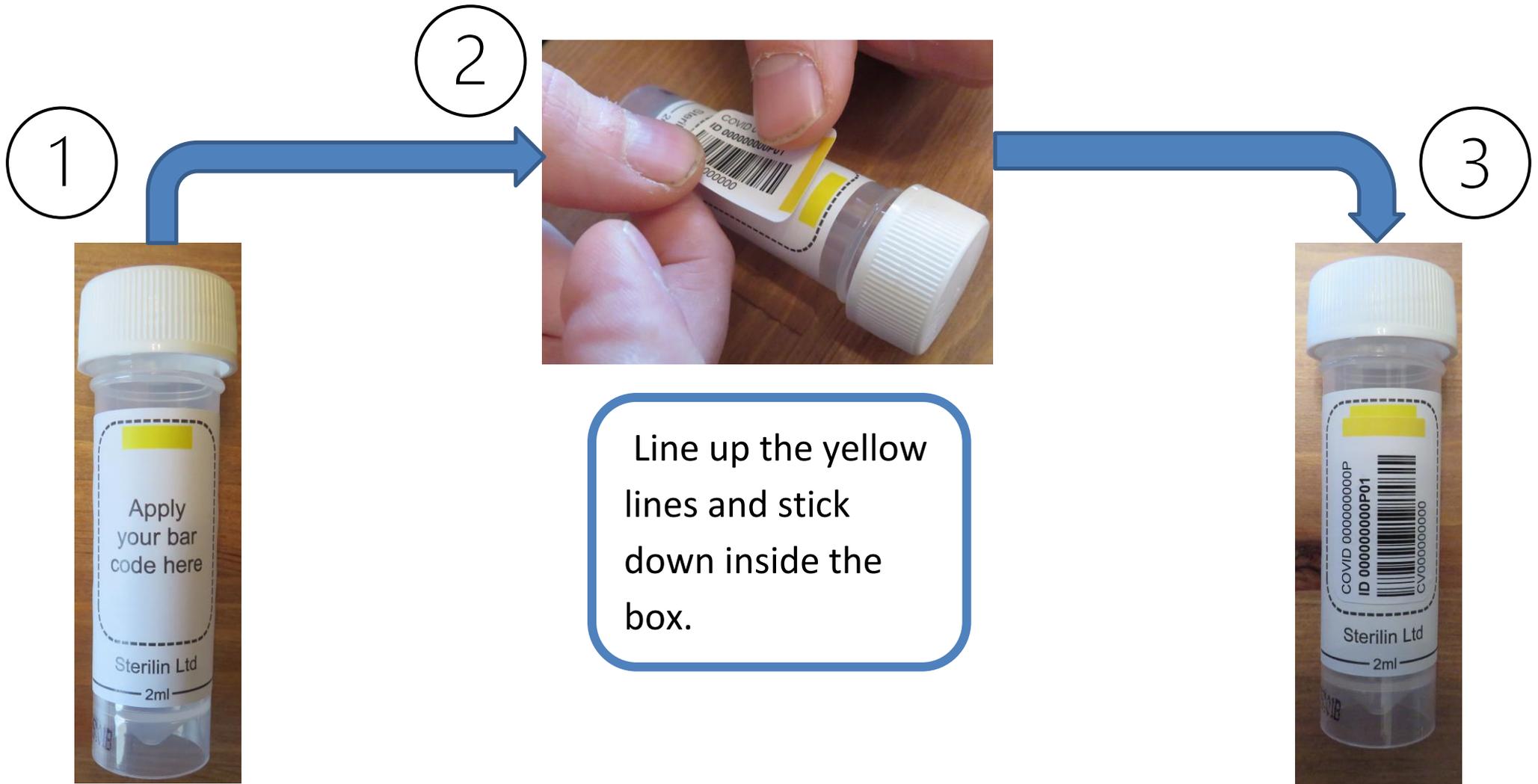
Fill to this line.



Tips for making saliva:

- Pretend to chew and move your tongue around your mouth.
- Rub your cheeks gently with both hands.
- Wash your hands and then suck a finger or thumb. This can make a lot of saliva! Just make sure you wash your hands straight after too!

How to put on the barcode label



My tube looks different...

Your tube may have a different label on like this. If it does, don't worry. You will get the new tubes when you get a new test kit at school.

Stick your bar code label lengthways up the tube with the yellow line at the top.



Packing the Inner Bag

Absorbent Pad

Inner Bag: This is the smaller bag. It says 'Inner Bag' on it.

Tube with label

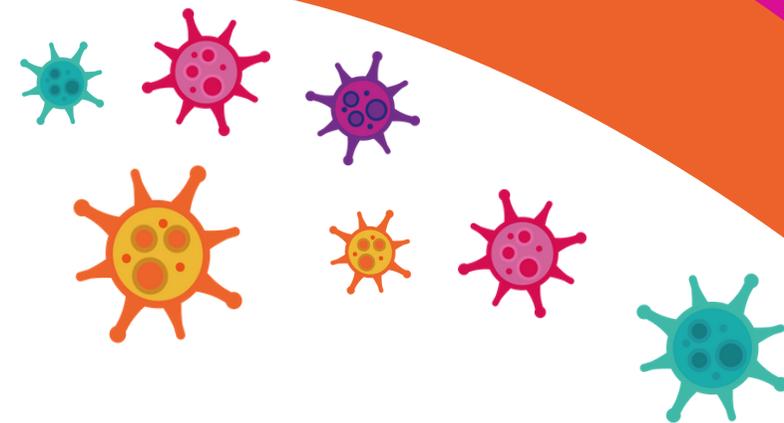
Leak Detector Paper



Packing the Outer Bag

Outer Bag: This is the larger bag. It says 'Outer Bag' on it.





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.