

Testing for
COVID-19



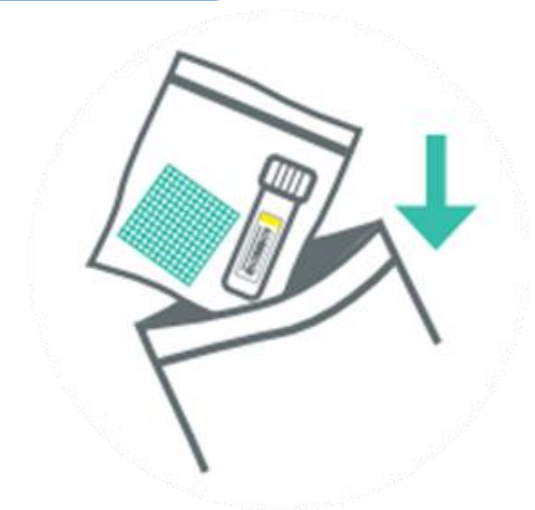
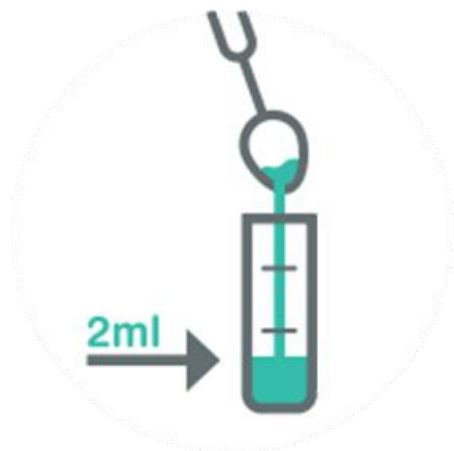
SEND resource pack

Symbol-Assisted Story

Saliva Test: Step-by-Step Instructions



Symbol Assisted Saliva Test Instructions





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

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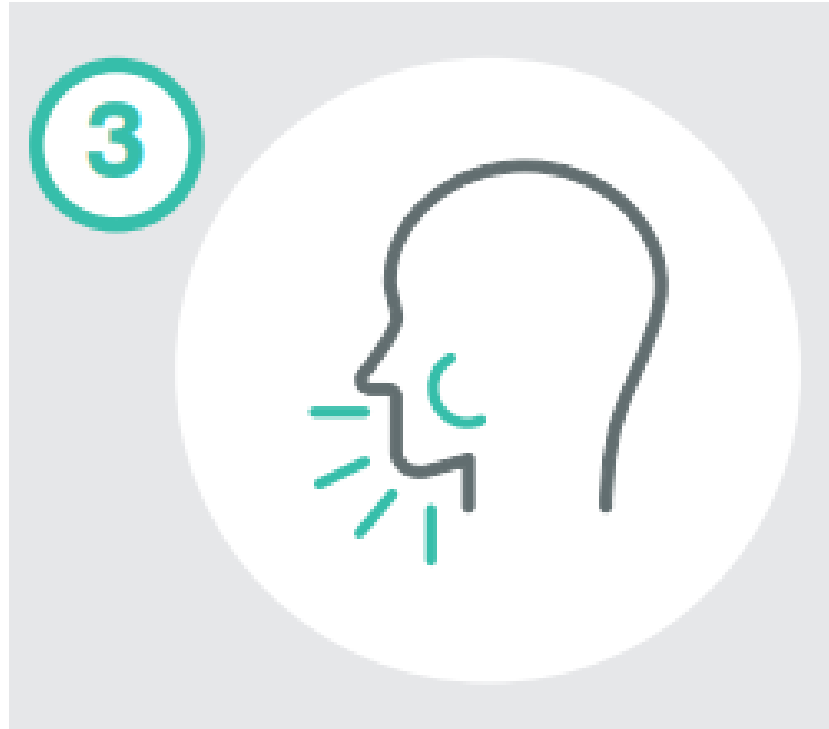







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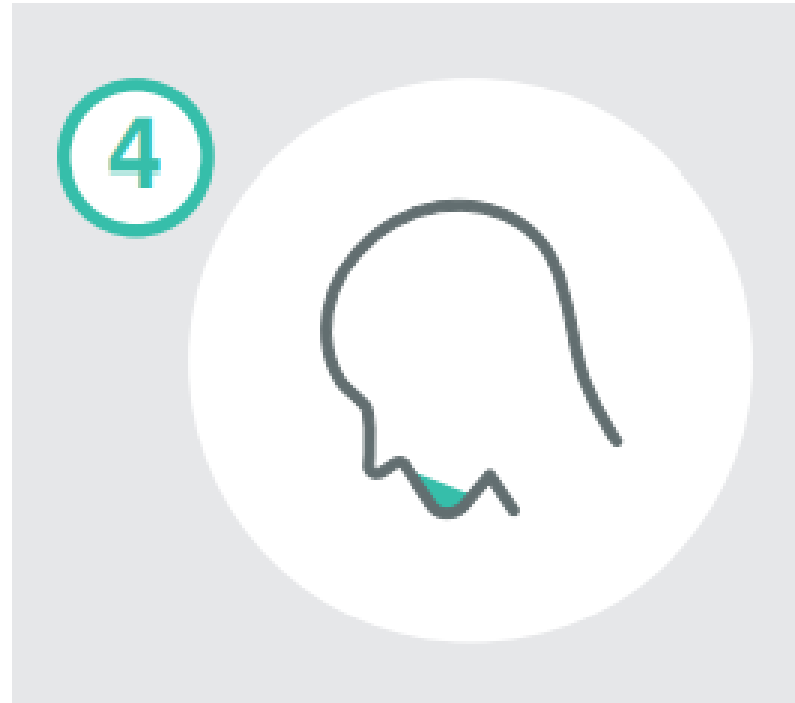


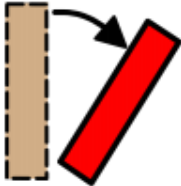

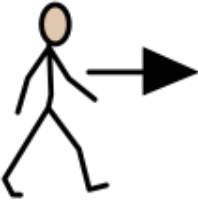


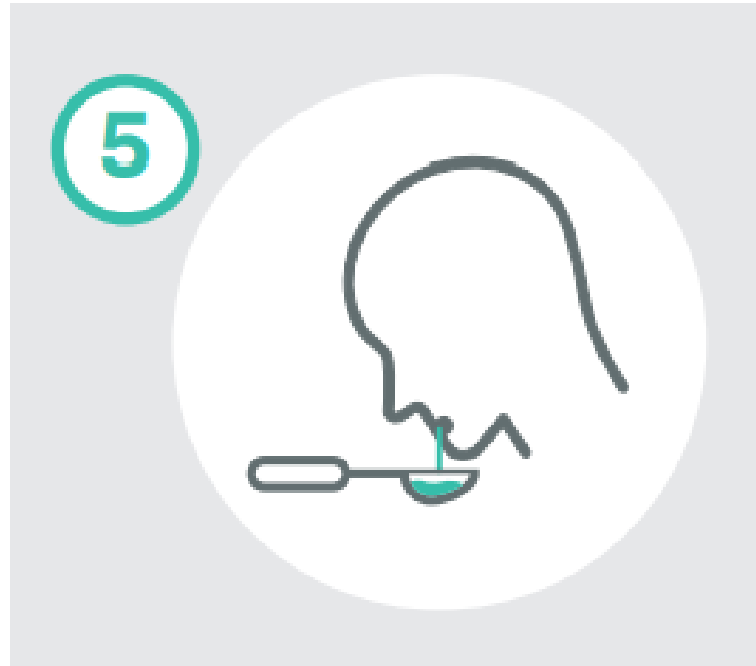
2. Unscrew the lid of one pot.



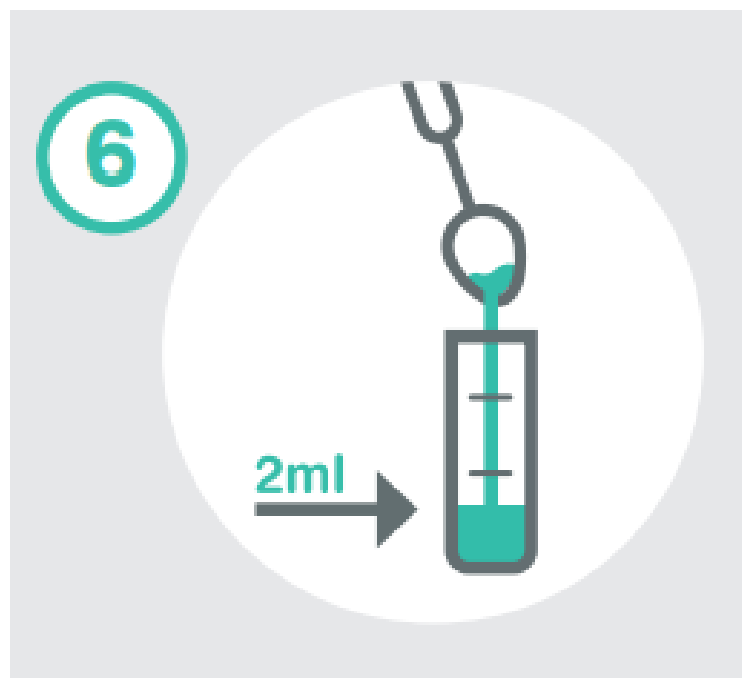
3. Move your  mouth like  chewing and  rub your  cheeks  gently.



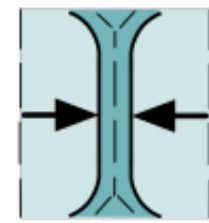
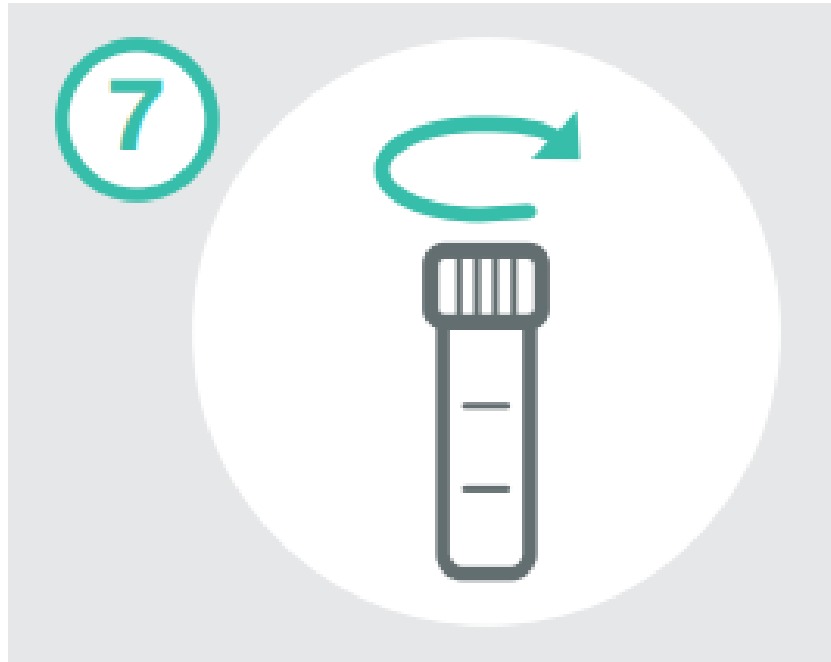
 **4. Tilt your head forward.**  



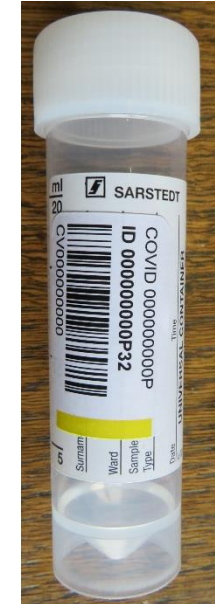
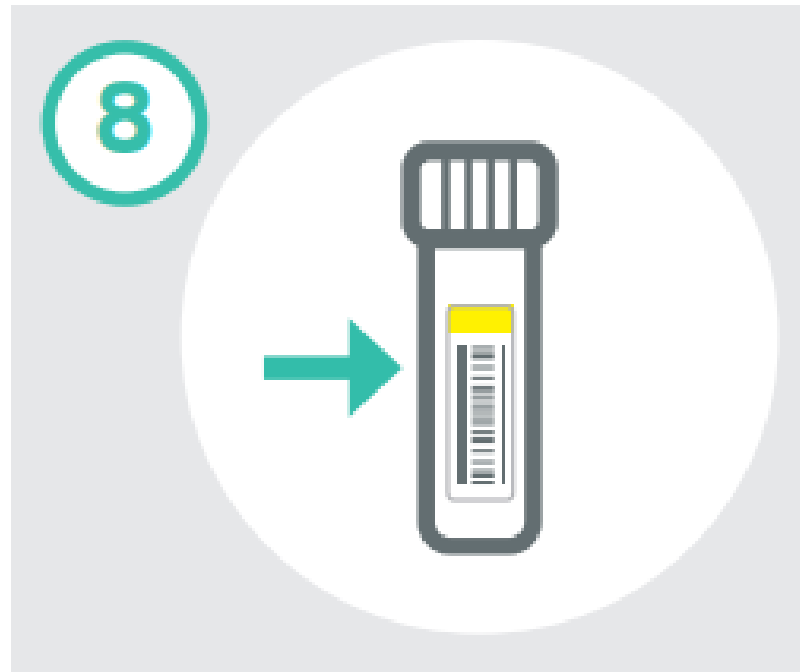
5. Gently spit out saliva into a clean teaspoon.



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



7. Screw the lid back on the pot tightly.

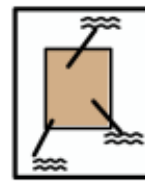


8. Stick

one of the



pot



labels

on your





pot

like this.





9. Put the  pot and a piece of absorbant  material into one of

the  small  bags.  Seal the  bag.



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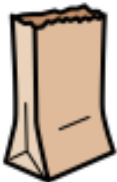






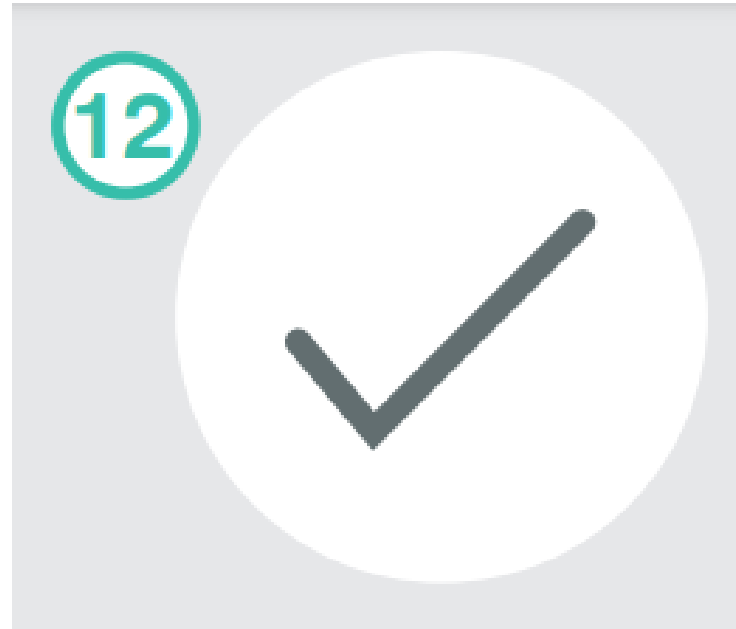
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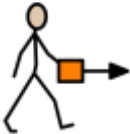
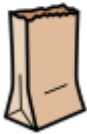



10. Wash hands and spoon with soap and water for 20

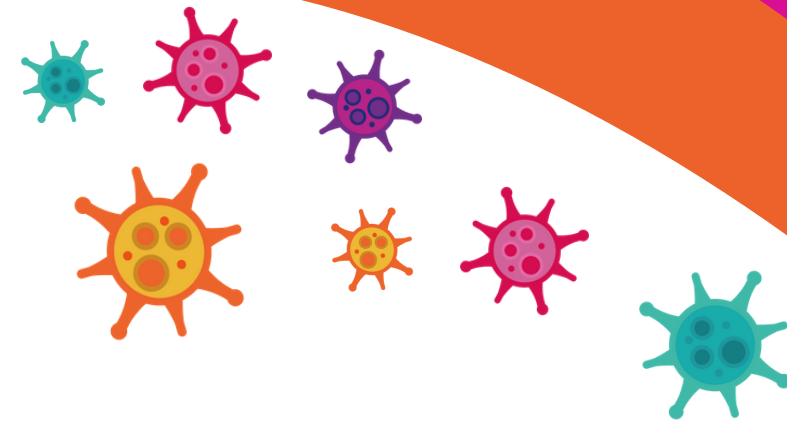
seconds.



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.