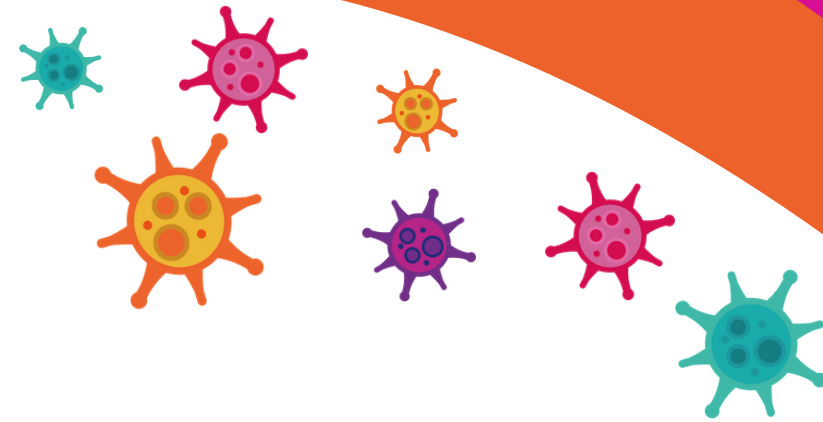


Testing for
COVID-19



SEND resource pack

General Resources

Test Pack - Hints and Tips

The Test Pack: Hints and Tips

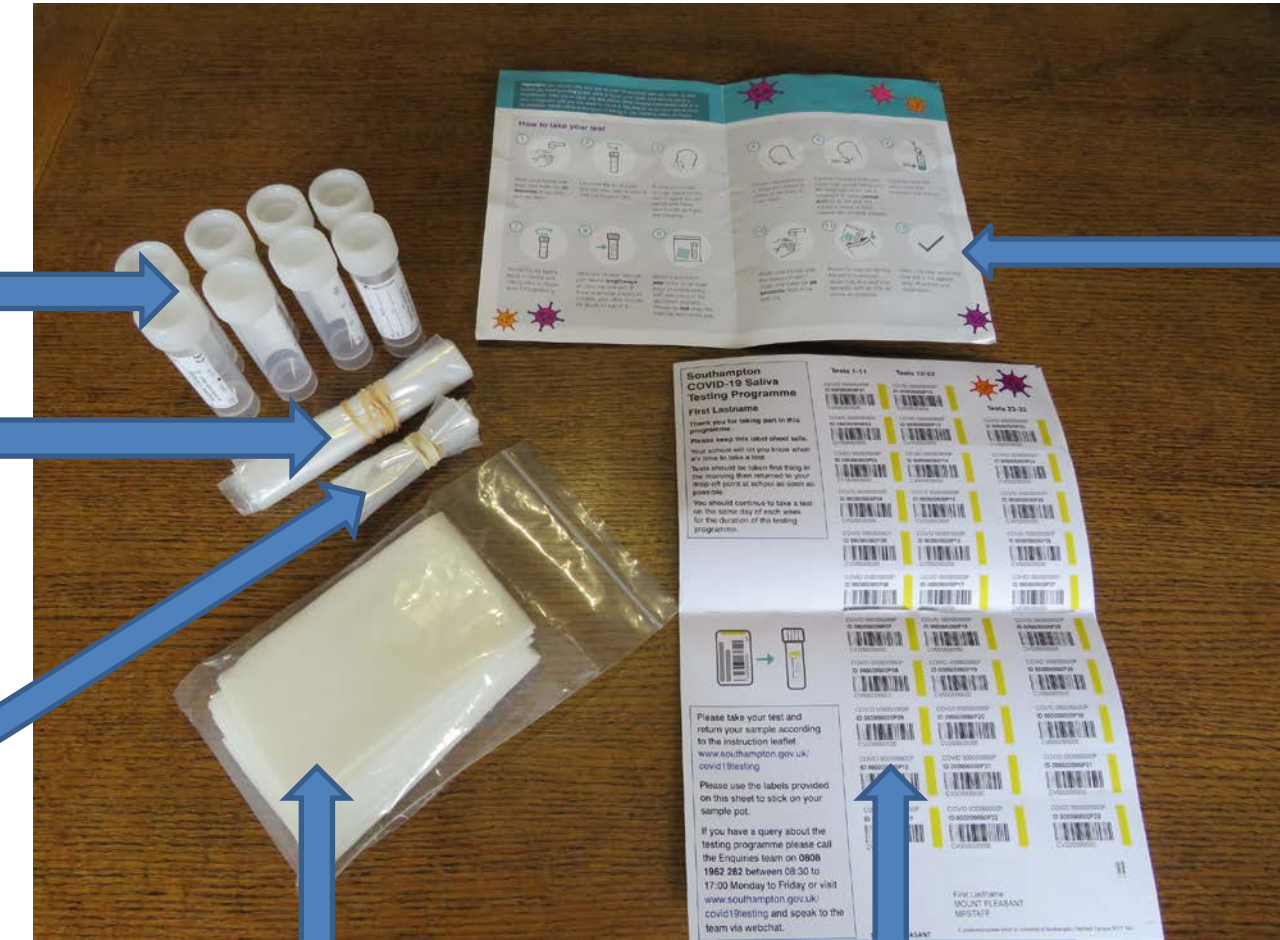


What's in the Test Pack?

Saliva Pots

Large Bags

Small Bags



Absorbent Material

Barcode Labels

Step by step Instructions

The Spoon

The spoon can be any teaspoon you have. The most important thing is that it is clean and dry.

Make sure you wash your hands before touching and washing the spoon.



It must be washed with detergent (normal washing up liquid) and water to make sure it is clean before the test.

Rinse it with water thoroughly to make sure there is no soap left on the spoon and dry it with a clean cloth or piece of kitchen roll. Soap can damage the saliva and effect the test results.

How much saliva?



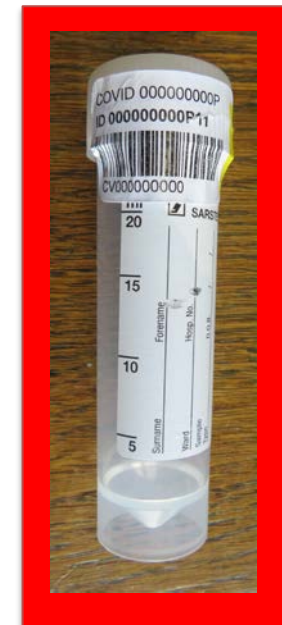
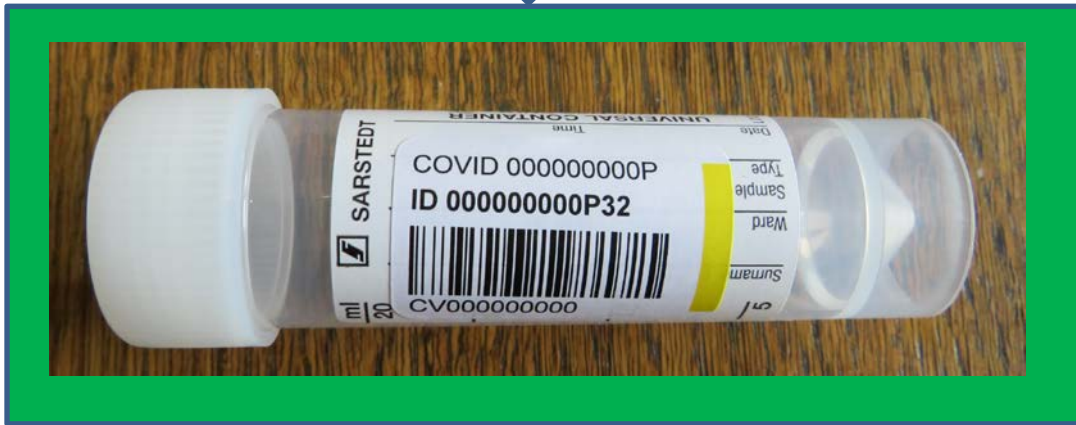
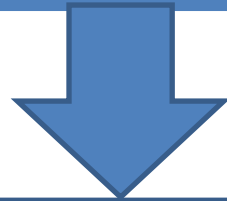
For the test, 2ml of saliva is needed. That's about half a teaspoon. Don't worry if you can't spit 2ml in one go. Spit and pour in as many times as you need. Don't worry if you have more than 2ml. This won't affect the test.

2ml looks like this in the saliva pot.

How to put on the barcode label

Putting the barcode label on correctly is very important. If it is not on correctly the scientists at the lab will not know the saliva is yours. It goes lengthways up the pot like this.

Don't stick the label around the pot or around the lid. This will mean the pot will not be tested.



But my pot already has a label.....



Your pot might have a label on like this. If it does, don't worry.

Stick your barcode label on top. Then your pot is ready to be scanned at the lab.



Absorbent Material

The absorbent material that is in your test pack might be quite large. It will fit in the small bag, just gently squeeze it in and push it down. It can be easier to do this first and then put your saliva pot in after. When the pot is inside it will look like this.

Don't forget to pinch the seal at the top of the bag to close it.

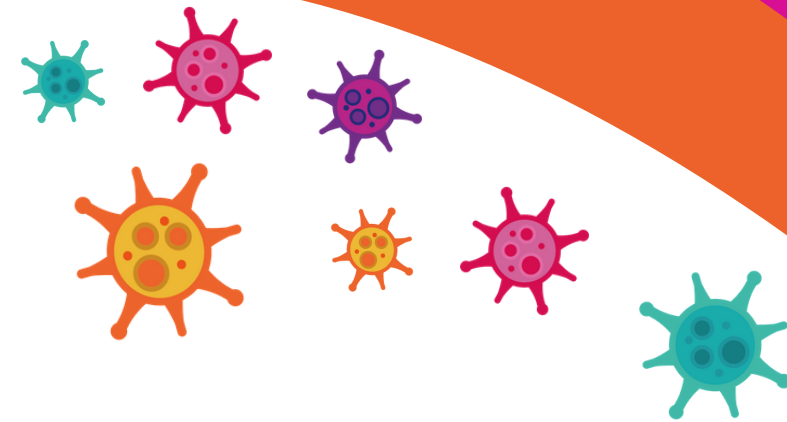


The Large Bag

When you put the small bag inside the large bag you may have to push it down to close the large bag. If you don't it can get in the way of the seal and it will not close properly. Fold the top of the small bag over when you put it in, and this won't be a problem.

When it looks like this, it is ready to take to the collection





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.