

# Research Saliva Collection Instructions (Classroom)

Study title: Viral Dynamics of Influenza, RSV and SARS-CoV-2 in children and Secondary Transmission within Households and Schools



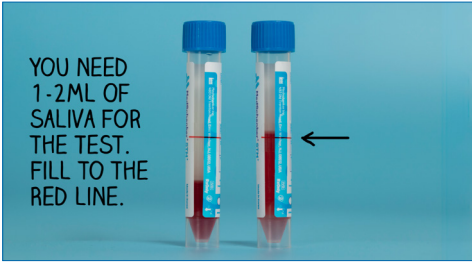
**1 Timing:** Try to collect your sample in the morning before drop-off. If your sample was collected the night before, keep it in the fridge until drop-off. Please try to avoid eating, drinking, chewing gum, smoking, or vaping in the 30 minutes before collecting your sample.



**2 Open the Bag:** In the bag, there is a blue funnel and a tube with a blue cap. The tube has liquid inside. Carefully unscrew the blue cap, avoiding spills, and set the tube aside standing upwards. Place the funnel spout inside the tube.



**3 Spit into the Funnel:** Spit gently into the funnel. Keep the saliva in your mouth without swallowing, then spit into the funnel. Think of something yummy or sour to help make enough saliva.



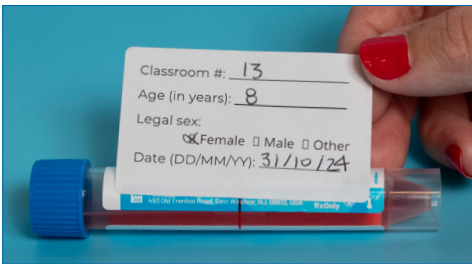
**4 Fill to the Red Line:** Fill the container with enough saliva to reach the red line – this may take a few minutes. Ignore any bubbles in the saliva, the bubbles don't count toward the total amount.



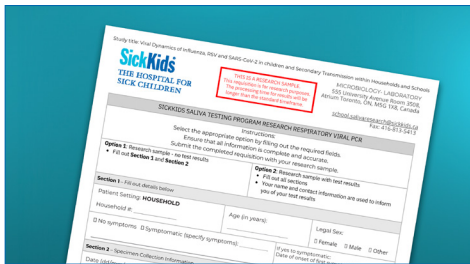
**5 Dispose of the Funnel:** Remove the funnel and throw it in the garbage. Screw the blue cap back onto the container. Make sure the cap is screwed on tightly to avoid leaking. If you're a child, ask a grown-up for help.



**6 Mix It Up:** Once the cap is secured tightly, gently shake the container 3-5 times to mix everything inside.



**7 Label the tube:** Your label will have a pre-written classroom number. Write your age in years and check off your legal sex on the label. Stick the label vertically on the container.



**8 Complete the Requisition:** If you choose Option 1 (Research sample – no results) fill out Section 1 and Section 2 only. If you choose Option 2 (Research sample with results) fill out all sections of your lab requisition and give an email contact and phone number. The contact information will be used to provide results. Please select the preferred method of contact.



**9 Bagging:** Put your labeled saliva sample back into the plastic bag it came in. Seal the bag closed. Put your completed lab requisition paper in the outside pocket of the plastic bag.

**10 Drop-off:** Spit-kits can be dropped off inside the cooler at your schools designated 'Saliva Kit Drop-off' station. For next day results, drop-off your sample before the courier comes to your school (you can confirm courier timing with your school lead). If you come to drop off a sample on Friday after the courier has picked up samples, please keep your sample in the fridge over the weekend and drop it off on Monday. This is to make sure the sample temperature remains stable over the weekend.



## Labeling tips

Remember to label your sample and fill in your requisition.



Scan the QR code to watch our saliva video instructions or visit [www.sickkids.ca/salivatestingprogram](http://www.sickkids.ca/salivatestingprogram)