

# Saliva Collection Instructions



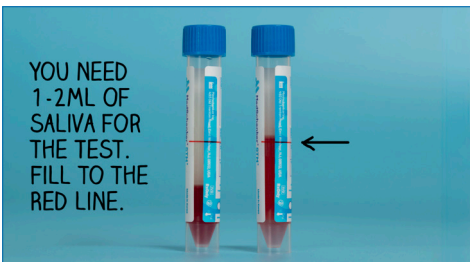
**1 Timing:** Try to collect your sample in the morning before drop-off. If you collected it the night before, keep it in the fridge until drop-off. Please try to avoid eating, drinking, chewing gum, smoking, or vaping in the 30 minutes before collecting your sample.



**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.



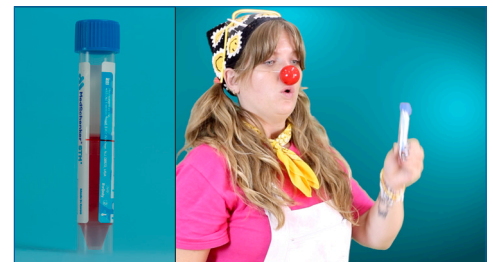
**3 Spit into the Funnel:** Spit gently into the funnel. Keep the saliva in your mouth without swallowing, then spit into the funnel. Think of something yummy or sour to help make saliva.



**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:** Write your legal first and last name, along with your birthdate, on the label. Stick the label vertically on the container. Remember, if your sample isn't labeled correctly, we cannot process it.



**8 Complete the Requisition:** Fill out your lab requisition completely. Write your full legal name that matches the name on your healthcard.



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

Please complete the requisition with your full legal names. We cannot accept preferred names at this time.

The legal first and last name, along with the date of birth on the requisition must MATCH the first and last name and date of birth on the sample label.

Remember to label your sample. Unlabeled samples cannot be processed.



Scan the QR code to watch our saliva video instructions or visit <https://www.sickkids.ca/salivatestingprogram/#collection>