



SickKids Saliva Testing Program

SickKids[®]

I (we) would like to begin by acknowledging the land on which SickKids operates. For thousands of years it has been the traditional land of the Huron-Wendat and Petun First Nations, the Seneca, and most recently, the Mississaugas of the Credit River. Today, Toronto is home to Indigenous Peoples from across Turtle Island. SickKids is committed to working toward new relationships that include First Nations, Inuit, and Métis peoples, and is grateful for the opportunity to share this land in caring for children and their families.

Art by Emily Kewageshig

SickKids[®]





Viral respiratory infections commonly affect children and can lead to serious health issues in some children.

Last year increased rates of influenza, RSV, and COVID-19 strained paediatric healthcare systems.

Understanding how these respiratory infections spread among children may help public health and other health-care workers during outbreaks and future pandemics.

SickKids Saliva Testing Program

SickKids is offering saliva test kits “Spit-kits” to symptomatic students and staff to test for influenza, RSV, and COVID-19 at select schools across the Toronto area.

The program began in September 2020 to test for COVID-19 in Toronto schools. From October 2024 to March 2025, the program will expand to include testing for influenza and RSV, in addition to COVID-19.



- The Hospital for Sick Children (SickKids) provides pre-prepared saliva kits (“Spit-kits”) to your school
- Students and staff feeling sick can pick up a Spit-kit at school
- Completed saliva test kits are dropped off at the school
- Samples are picked up daily Monday-Friday and dropped off at SickKids
- Samples are tested and results are available within 24 to 48 hours
 - Those that test positive will receive a follow-up phone call
 - All results accessible online through MyChart

When do I complete a test?

**If you have symptoms of influenza,
RSV, or COVID-19:**

-
- Fever
 - Chills
 - Cough
 - Runny nose or nasal congestion
 - Shortness of breath or wheezing
 - Headache
 - Extreme fatigue
 - Sore throat
 - Muscle aches or joint pains
 - Vomiting or diarrhea
 - Decreased taste or smell
-

Where to get a Spit-kit?

Pick up a Spit-kit at your schools designated '**Saliva Kit Pick-up**' station

01 If you are symptomatic and at school:
Help yourself to a Spit-kit

02 If you are symptomatic and at home:
Someone can pick-up a Spit-kit for you

What is included in the Spit-kit?

Saliva collection container and funnel



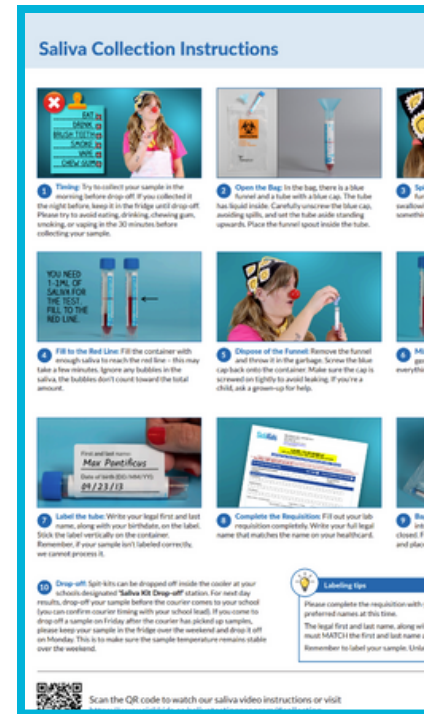
Biohazard plastic bag



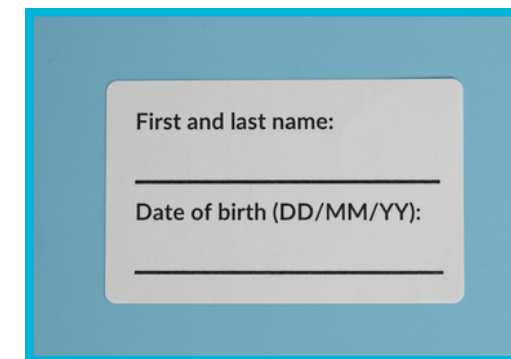
A requisition form to be filled out

A requisition form from SickKids Microbiology Laboratory. It includes fields for patient information (name, date of birth, sex), contact information (parent/guardian name, address, phone), and specimen collection information (school name, date of first symptom). A prominent yellow box says "LABEL YOUR SAMPLE with your first name, last name and date of birth".

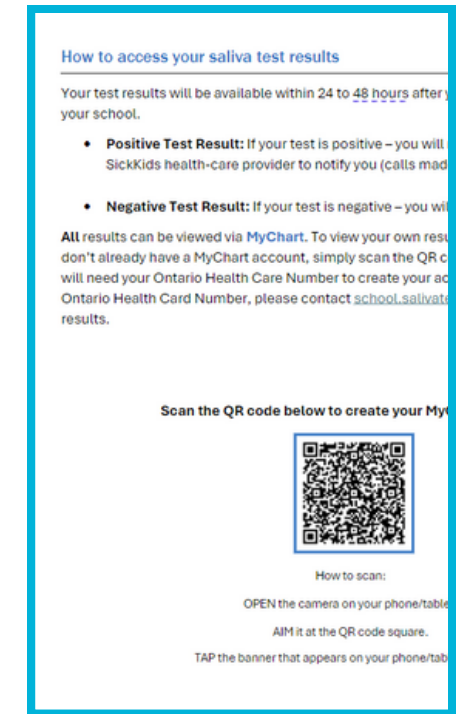
Instructions on how to collect and label the saliva sample



A label to stick on to your saliva collection container



Instructions on how to access results



How to collect a saliva sample?



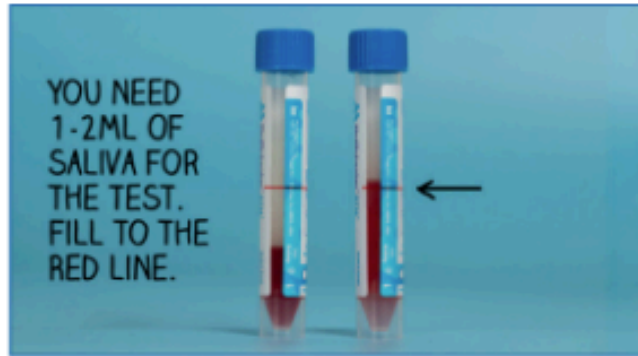
1 Timing: Try to collect your sample in the morning before drop-off. If you collected it the night before, keep it in the fridge until drop-off. Please try to avoid eating, drinking, chewing gum, smoking, or vaping in the 30 minutes before collecting your sample.



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.

Reminders

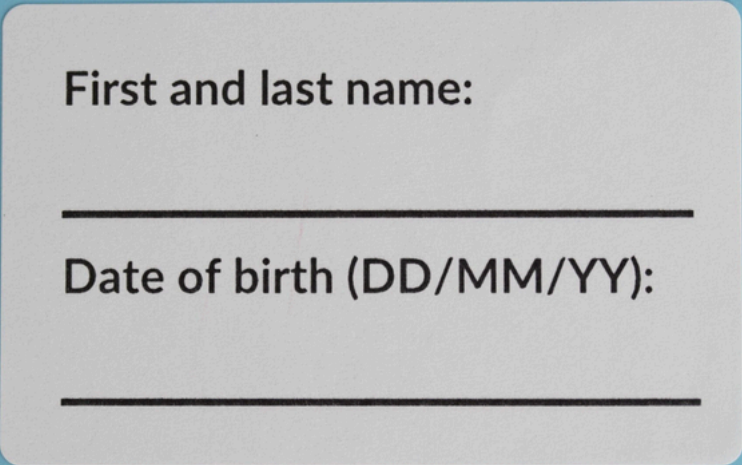
Reminders

Write your legal first and last name and date of birth on the label sticker

- We are unable to accept preferred names or nicknames

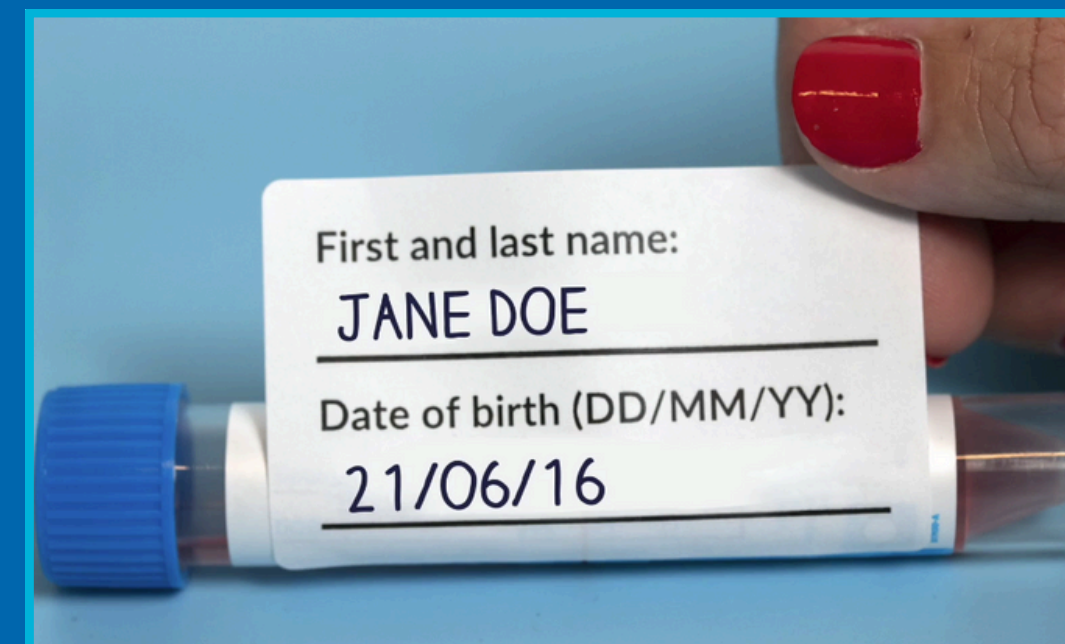
Remember, stick the label to the saliva container.

****Unlabeled samples cannot be processed****



First and last name:

Date of birth (DD/MM/YY):



Completely fill out the requisition form with your legal information

- Write your **legal** full_name and date of birth
- Your name and date of birth must **match** your health card



MICROBIOLOGY LABORATORY
 555 University Avenue
 Room 3508, Hill
 Toronto, ON, M5G 1X8, Canada
school_salivatesting@sickkids.ca
 Fax: 416-813-5413

LABEL YOUR SAMPLE
 with your first name, last name and date of birth

LABORATORY REQUISITION FOR RESPIRATORY VIRAL TESTING

Testing is provided for medical purposes only and results are not intended for forensic use. The laboratory is not a forensically accredited laboratory.
 *** ALL SECTIONS MUST BE FILLED IN. Write clearly or your test may be delayed or unable to be processed. ***

For Ontario Residents Only NO OHIP RED & WHITE OHIP CARD

Ontario Health Card # (OHIP): _____ - _____ - _____ Version Code: _____ (2 letters)

Patient Information

Last Name: _____

Middle Name: _____

First Name: _____

Date of Birth: (dd/mm/yyyy) _____ Legal Sex: Male Female Non-binary/U/X
 Sex assigned at birth (if different) Male Female Non-binary/U/X
 Gender Identity Male Female Non-binary/U/X

Parent/Guardian/Caregiver Name: _____

Home Mailing Address: _____ Postal Code: _____
 No fixed address

Email Address: * _____ Telephone Number: _____

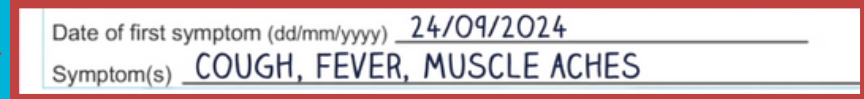
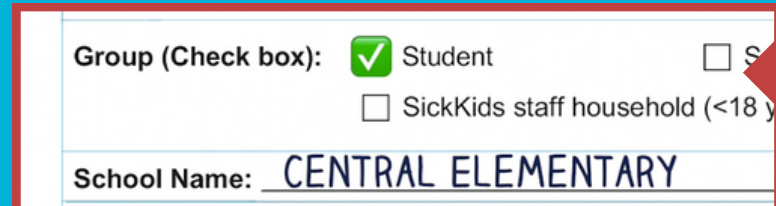
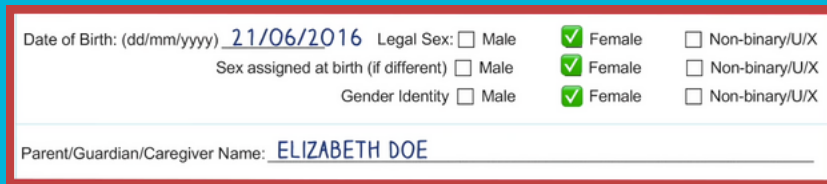
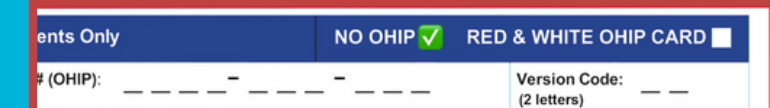
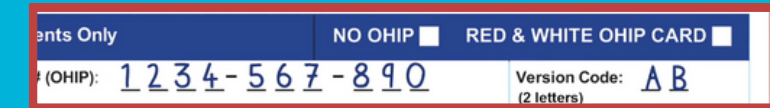
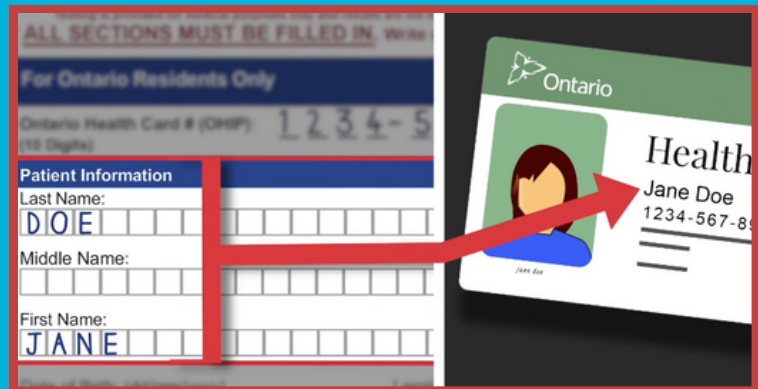
Group (Check box): Student School staff School Household Member
 SickKids staff household (<18 years)

School Name: _____

Date of first symptom (dd/mm/yyyy) _____
 Symptom(s) _____

Specimen Collection Information

Date (dd/mm/yyyy): _____ Time (HH:MM) _____ (AM/PM) Specimen Type: Saliva



If you are an adult leave 'Parent/Guardian/Caregiver name' blank

Reminders



Place your labelled sample in the biohazard bag. Seal the bag tightly.

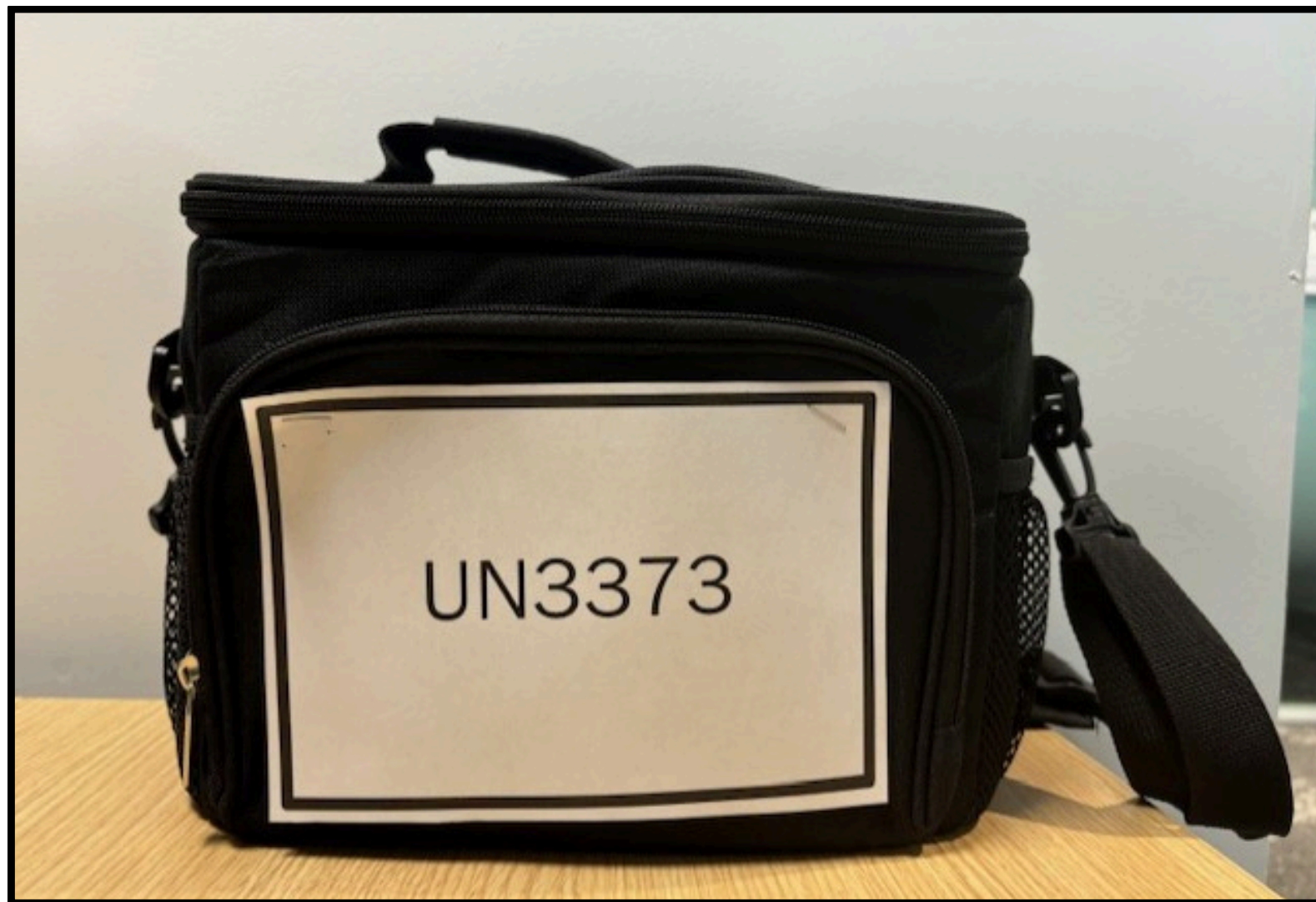


Place your requisition form in the bag pocket

Reminders Summary

- ✓ Label the sample with legal first and last name and date of birth
- ✓ Stick label on to sample
- ✓ Fill out requisition completely with your full legal name
- ✓ Place sample and requisition form in biohazard bag

Where do I drop-off my sample?



- Drop-off your sample at your schools designated '**Saliva Kit Drop-off**' station
- For next day results, drop-off your sample Monday to Friday (excluding holidays) before the courier comes to your school (confirm courier timing with your School Lead)
- Place your sample inside the cooler at the Saliva Kit Dropoff station

Result disclosure

All results will be available on **MyChart** (instructions to access MyChart included in your kit)

Results will be available within **24 to 48 hours** after sample drop-off.

If your test is positive

- You will receive a call by a SickKids provider to inform you
- SickKids will NOT notify your school

If your test is negative

- You will not receive a phone call

If your test was unable to be processed

- You will receive a call by a SickKids provider to inform you
- Reasons tests are unable to be processed: sample not labeled, not enough saliva in container, requisition not filled out

What does a positive test mean?

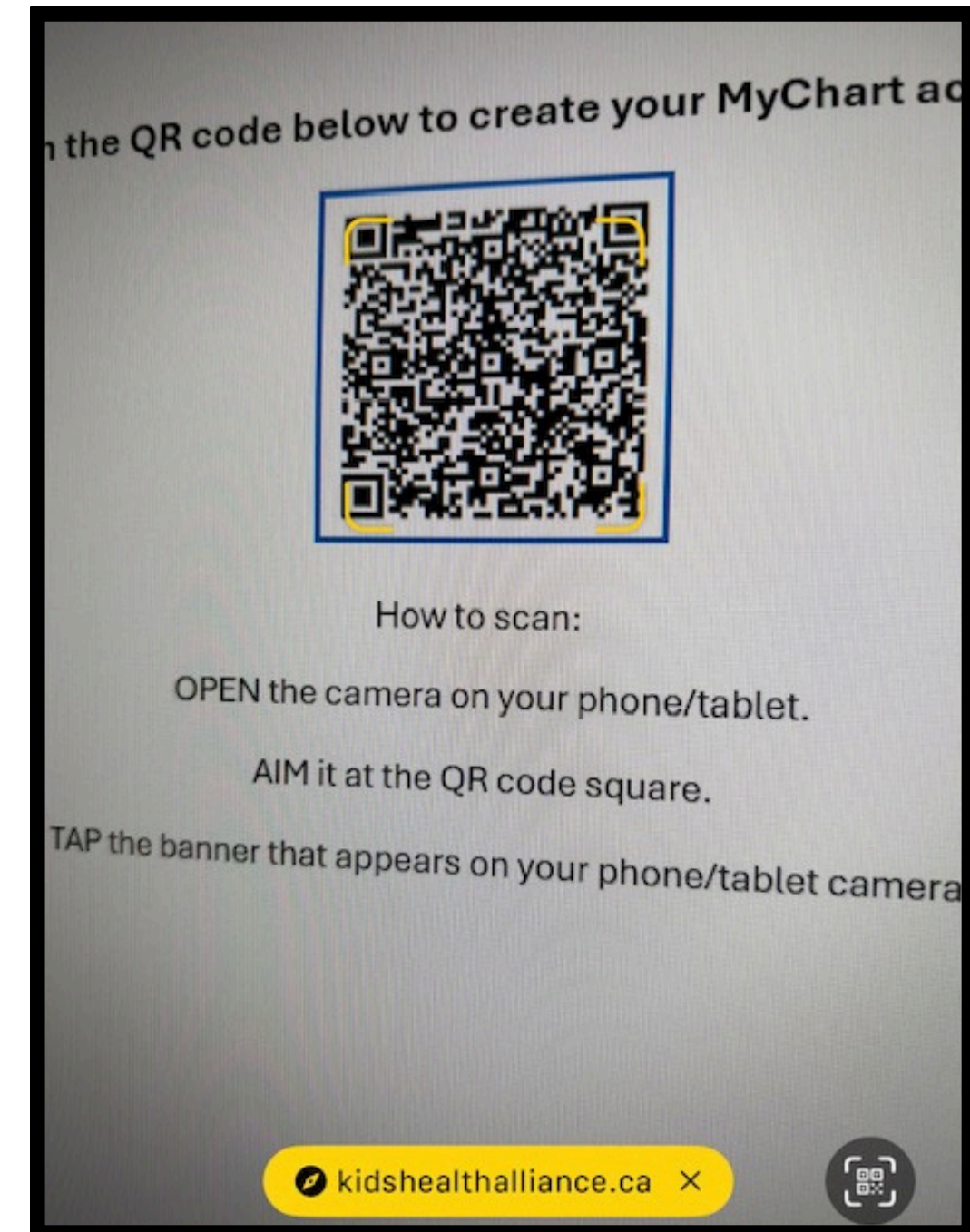
As the program is only testing for Influenza, RSV, and COVID-19, we recommend that whether you have a positive test or not, follow public health guidance and your school policies for any **symptoms** you experience.

Accessing MyChart

If you have a MyChart account, login to your account.

If you don't have a MyChart account:

1. Scan the QR code on the instructions sheet
 2. Click the pop-up website link
 3. Fill in form to complete set up
- MyChart is free
 - You will need an Ontario Health Card Number to create an account
 - If you don't have an Ontario Health Card Number please contact school.salivatesting@sickkids.ca for results





https://mychart.kidshealthalliance.ca/mychart/publicforms.asp?mode=showFor...



MyChart

SickKids Patient Request

MyChart is a secure portal that connects patients and families with your provider via the MyChart App or the online portal. It offers useful information such as upcoming appointments, most lab and imaging test results, different types of visit summaries and much more!

Apply for access now by submitting this form.

Patient Information

Fields marked with an asterisk (*) are required.

* First Name*

Middle Name

* Last Name*

* Date of Birth (dd/mm/yyyy)*



* Patient Ontario Health Card Number or Medical Record Number*

[I don't know my MRN, what should I do?](#)

* Address Line 1*

Address Line 2

...

Friendly Reminders

- **Avoid** eating, drinking, chewing gum, smoking, or vaping 30 minutes before sample collection
- Spit to the **red line** on the collection container, ***bubbles do not count***, 1-2ml
- Cap with blue lid. Once sealed, gently shake 3-5x
- **Legal first/last name and date of birth must match** healthcard, label sticker, and requisition form
- **Label must be stuck on** to saliva container
- **Fill in the laboratory requisition form** completely. The form must be filled in completely for the sample to be processed.
- Place **sample and lab form in biohazard bag** and seal tightly
- Keep sample in **fridge until drop-off**
- Drop off as per school instructions

Frequently Asked Questions

- **Is the test mandatory?**
 - No. Testing is voluntary.
- **Do I need to stay at home if I do a test?**
 - Follow your school's policies and public health guidance for any **symptoms** you are experiencing.
- **What if I test positive?**
 - Your test result does not indicate whether you should stay at home from school or work.

Frequently Asked Questions

- **How accurate is the saliva test?**
 - Similar accuracy to nasopharyngeal swab.

Frequently Asked Questions

- **Where will the drop off bin be located?**
 - Drop-off locations will be school-specific. It is typically recommended to be inside the front entrance and/or foyer for easy access. Check your school communication materials to see where your school's drop-off location is.
- **Whose responsibility is it to ensure the lab requisition and specimen label is completed correctly?**
 - The parent/guardian/household member and/or individual completing the test is responsible for ensuring the correct completion of the lab requisition and specimen label.
 - For clinical samples, information must be complete and legally accurate. Preferred names cannot be accepted at this time.

Frequently Asked Questions

- **What if I drop the sample off after samples have been picked up?**
 - The sample will be delivered with the next day's pick-up.
 - If you come to drop off a sample on Friday after the courier has picked up samples, we ask you to keep your sample in the fridge over the weekend and drop it off on Monday before courier pick-up. This is to make sure the sample temperature remains stable over the weekend.

Questions?



Check out our website: www.sickkids.ca/salivatestingprogram

Reach out to us via email: school.salivatesting@sickkids.ca