

Saliva Collection Instructions

Collection items: Saliva collection package (contains 1 cap and 1 saliva container) and a label to write your first & last name, and birth. - If applicable, include 1 laboratory requisition (for school or mobile testing etc.)

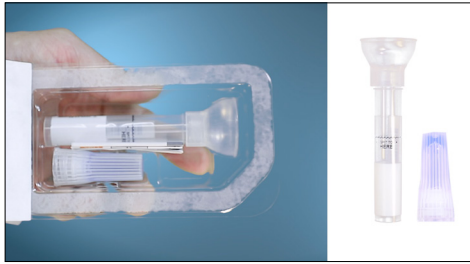


1 Before doing your sample, **DO NOT** eat, drink, chew gum, smoke or vape for 30 minutes.

- If included, please fully complete the laboratory requisition (for school, mobile, shelter etc. testing).
- For family members of SickKids staff members, please complete the online booking form.



4 You need to fill the container with enough saliva to reach to the black line that says 'spit to here' (ignore the bubbles). This may take a few minutes, so just keep working at it.



2 Take the package out of the bag and open it by peeling the paper back. Inside you will see two pieces – a cap with blue liquid in it and a container with a funnel attached to the top.



3 Keep the spit in your mouth without swallowing; then gently spit the saliva into the funnel container.



5 Once you have collected enough saliva, twist off the funnel and throw it in the garbage.



6 Place the cap with the blue liquid on top of the container. Push down hard and twist until the blue liquid mixes into the container. Have a parent or adult help you with this step.



7 Gently shake the container 3-5 times to mix everything up.



8 Complete the label with your full legal name and date of birth and stick it to the saliva sample container.



9 Place the container into the bag it came in. If applicable, add the requisition to the bag. Please collect and drop off the saliva sample at your appropriate location within 24 hours of collection, it can stay in room temperature.



For more information and fun tips for young kids scan the QR code to watch our saliva video or visit: <https://youtu.be/Ru-vFZdlmes>

How to scan: OPEN the camera on your phone, AIM it at the code, TAP the banner that appears.

SickKids