

Before collecting saliva:

- Please read all of these instructions before beginning.
- Drink a cup of water 60 minutes before collecting saliva to ensure adequate hydration for saliva flow.
- Do NOT eat, drink, chew gum, smoke, or vape for at least 30 minutes before collecting saliva.
- Wash hands with soap and water or hand sanitizer.

For specimen collection centre personnel:

1. While wearing appropriate personal protective equipment (PPE), open the sealed bag and remove the specimen container and funnel from the package.
2. Label the specimen container with the patient's full name, date of collection and one other unique identifier such as date of birth or Health Card Number. Failure to provide this information may result in rejection or testing delay.

Saliva collection using funnel method:

1. Make sure you are wearing a face mask.
2. Wash your hands with soap and water or hand sanitizer.
3. Ensure the collection tube is labelled with your information including name, date of birth, collection date.
4. Unscrew the cap of the tube/container in the supplied kit. Place the cap upside down in a clean, secure spot as it will be used to seal the sample.
5. The healthcare provider or you need to push the funnel supplied in the kit into the top of the tube. The funnel should fit snugly into the tube opening.
6. Remove your mask.
7. To promote saliva production rub the inside of your cheek with your tongue or gently massage the outside of your cheek.
8. Allow saliva to pool in your mouth. Begin carefully spitting onto the tapered inside of the funnel allowing the saliva to run down into the tube. Try to avoid spitting too much at once or into the center of the funnel.
9. Continue to spit into the funnel until the level in the tube reaches the fill line, between 2-3 ml not including the bubbles. This may take 2-5 minutes.
10. Remove the funnel and discard in designated waste bin. Put the cap on the collection tube tightly. Wipe away any collection material that may have contacted the outside of the tube.
11. Return the tube to the specimen collection personnel.
12. Wash your hands with soap and water or hand sanitizer.
13. Put on your mask.

For specimen collection center personnel:

1. Ensure cap is on tightly.
2. Place specimen in the biohazard bag.
3. Complete all fields of the [COVID-19 test requisition*](#): include, the patient's full name, date of birth, Health Card Number (must match the specimen label), source of specimen, date of onset, date of collection, physician name and address, and clinical diagnosis and place it in the attached outer pocket of the specimen bag, so it is not exposed to the specimen.
4. To maintain optimum viability, the specimen should be stored and transported at 2-8°C. If transport to the laboratory will be delayed, specimen should be frozen at -70°C or below and shipped on dry ice.

To order kits or for more information: Submit your order via the [Ontario Health Digital Services page](#)

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Make sure you are wearing a face mask.

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1. Promote saliva production by rubbing the inside of your cheek with your tongue or gently massage the outside of your cheek.
2. Allow saliva to pool in your mouth.

2



With clean hands, open the sealed bag and remove specimen container and funnel.

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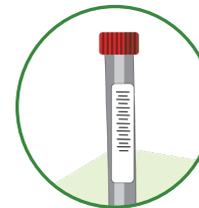
1. Begin carefully spitting in to the funnel allowing the saliva to run down into the tube. Try to avoid spitting too much at once or into the center of the funnel.
2. Continue spitting until the level in the tube reaches the fill line, between 2-3 ml not including the bubbles. This may take 2-5 minutes.

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Ensure container is labelled with your full name, date of collection and one other unique identifier such as date of birth or Health Card Number.

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1. Discard funnel.
2. Put the cap on.
3. Wipe outside of tube.
4. Return to the collection specimen personnel.

4



Unscrew the cap of the tube/ container in the supplied kit and push the funnel into the top of the tube. The funnel should fit snugly into the tube opening.

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Wash your hands with soap and water or hand sanitizer.

5



Remove your mask.

10



Put on your mask.