

# How to Collect Spit (Saliva) for COVID-19 Testing

The test kit includes: a spit sample tube with cap, funnel, alcohol wipe, absorbent pad and biohazard bag. We test for COVID-19 by using a sample of your spit (saliva).

## FOLLOW THESE STEPS

### 1 WAKE UP AND SPIT

Collect saliva first thing on the assigned collection day.

- Do NOT let the child eat, drink, brush teeth or chew gum 30 minutes BEFORE they use the spit sample tube.



### 2 PUT THE SPIT TUBE TOGETHER

- Open (unscrew) the lid of the empty spit sample tube.
- Insert the funnel into the empty spit sample tube, like in the picture.



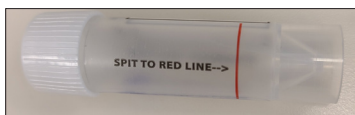
### 3 TIME TO SPIT

- Have the child place their mouth on the top of the funnel.
- Ask the child to think about their favorite food—this will help them produce more spit.
- Fill the tube with spit to the red line.



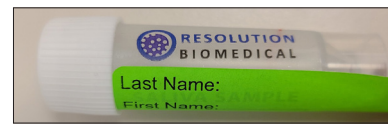
Saliva bubbles need to be above the red line.

- If saliva “sticks” to the inside of the tube, gently bang the tube to help move the saliva to the bottom.
- It can take over 5 minutes to get a child to produce this amount of saliva.



### 4 REMOVE THE FUNNEL

- Screw the cap tightly on the spit sample tube.
- Throw the funnel away.
- Wipe the outside of the spit sample tube with the alcohol wipe to clean up any extra spit.
- Let stand for 1 minute. Then, put a label on the spit sample tube as shown in the picture below.
- Make sure the name and birthdate are easy to see.



### 5 GET READY TO SEND

- Put the labeled spit sample tube in the biohazard bag.
- Make sure the spit sample tube is touching the absorbent pads.
- Seal the bag tightly.
- Stick one label to the outside of the biohazard bag.
- Make sure the name and birthdate are easy to see.



### 6 SEND YOUR SAMPLE

Sample must be returned on the day it is collected.

- Return the biohazard bag with the spit sample tube to the collection site at your school.
- You will get your test results in a secure email from OHSU Health ([K12covidtesting@ohsuhealthmarketing.com](mailto:K12covidtesting@ohsuhealthmarketing.com)) within 1-2 days after the sample is dropped off at your school.

Keep instructions AND remaining name labels AND throw away all used material.

Thank you for being part of the K-12 return to school COVID-19 testing program.