

# Wellness Hub

## PCR Saliva Testing for COVID-19 Diagnosis



Available for LTCH/RH staff who work at one of the LTCH/RHs enrolled in the Wellness Hub Research and Support Program in the Greater Toronto Area (GTA) who are:

1. Symptomatic or;
2. Who have had a high-risk exposure as a result of an active outbreak in their LTCH/RH.

### How to sign up:

1. Complete the online registration form for each individual requiring a test at: [https://redcap.link/wellnesshub\\_c19salivatetest](https://redcap.link/wellnesshub_c19salivatetest)
2. The Wellness Hub team will contact you to coordinate the delivery of a saliva test kit to your personal home.
3. Refer to the Saliva Test Instructions provided with the saliva test kit to complete the swish and gargle test at home.
  - For further guidance, please refer to the following video instructions on how to collect your saliva sample:
    - For adults: <https://www.youtube.com/watch?v=V9xonNTtApY>
    - For kids: <https://www.youtube.com/watch?v=ZvqjkbD-moA>
4. The Wellness Hub team will coordinate the use of our pre-paid courier service to ship your test to the Mount Sinai Lab.
5. Refer to the provided Saliva Test Instructions to access your COVID-19 diagnostic results online within 24-72 hours.



If you do not have access to the internet, please call 416-864-5697 and leave a message requesting a saliva testing kit on the Wellness Hub phone line.

### Notes for participants:

- If you have tested positive, your test results will automatically be sent to Public Health Ontario, and you will be contacted by the study team for follow-up advice and support.
- As this saliva test is a service being offered through the Wellness Hub research and support program, the study team will have access to your saliva test results regardless of your consent to having your sample used in the research study.
- Depending on your workplace requirements, saliva tests may not replace the need for you to complete a nasopharyngeal COVID-19 test or other mandatory tests.



ST. MICHAEL'S  
UNITY HEALTH TORONTO