

Please read all the instructions before starting.

Do not eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test.

1

Make sure you and the child or patient to be tested are wearing face masks if possible.



2

Both you and the child or patient should wash your hands with soap and water or hand sanitizer.

3

Take the clear container and pink tube of salty water. Write the child or patients full name on the provided label and attach to the tube.



4

Twist off the top of the pink vial of salty water. Remove the child or patient's mask.



5

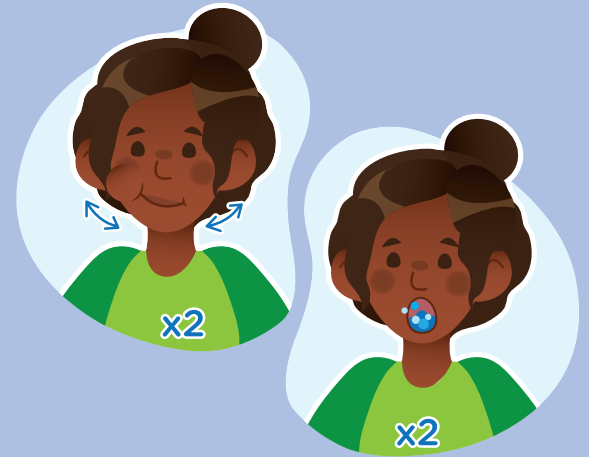
Squeeze all of the water into the child or patient's mouth. **Ask them to not swallow the water or talk.** With the water in their mouth, put their mask back on.

6

Ask the child or patient to swish the water around in their mouth for 5 seconds.

Ask the child or patient to tip their head back and gargle for another 5 seconds.

Repeat swishing and gargling with the same salt water 2 more times for a total of 30 seconds.



7

Remove the child or patient's mask. Ask them to gently spit the water into the funnel on the clear container. Put the mask back on.

8

If at a facility, give the container back to the person who gave it to you. If you are collecting at home, remove the funnel and close the container with the red cap. Do not overtighten cap.



9

Place container within the provided specimen bag. Do not remove paper towel filling.

10

Both you and the child or patient should wash your hands with soap and water or use hand sanitizer.



11

If you and the child or patient are collecting the sample at home, you can follow the additional steps to guide you through the courier process for shipping.



12

Ensure that the sample is securely located within specimen bag and surrounded by paper towel filling.

13

Fold the completed requisition form and place within the box. Place specimen bag within the provided box and close.

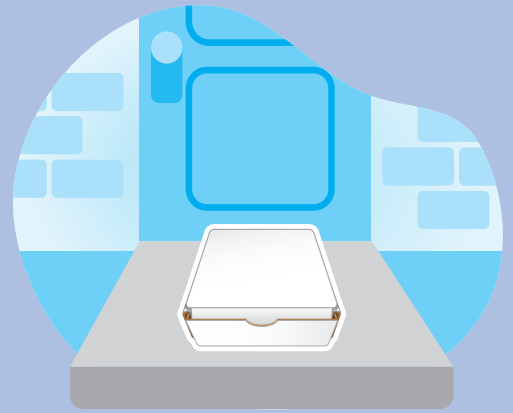


14

A courier will arrive at your home or building for collection at the time agreed upon by you and the study team. You should receive a call when the courier arrives at the pickup location. Please allow a 30 minute window in case of unexpected delays.

15

The driver will collect your box and transport for testing according to your living situation and the pickup strategy you discussed with the Wellness Hub team (e.g., outside of your door, on the porch, in your building lobby, etc.)



If you encounter any difficulties during this process, please call the Wellness Hub team directly at 416-360-4000 ext. 77491 or leave a voicemail at 416-864-5697.

***Please note the following:**

- If you have tested positive, your test results will automatically be sent to Public Health Ontario. You will be contacted by the study team to provide follow-up advice and support. **You will not be contacted by the study team if your test is negative, and must self-access your results online.**
- As this saliva test is a service being offered through the Wellness Hub research and support program, the 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's requirements, saliva tests may not replace the need for you to complete a nasopharyngeal COVID-19 test, or other mandatory tests.

Please read all the instructions before starting.

Do not eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test.

1

If you are around others, wear a face mask.



2

Use hand sanitizer or wash hands with soap and water.

3

Take the clear container and pink tube of salty water. Write your full name on the provided label and attach to the tube.



4

Twist off the top of the pink tube.
Take off your mask.



5

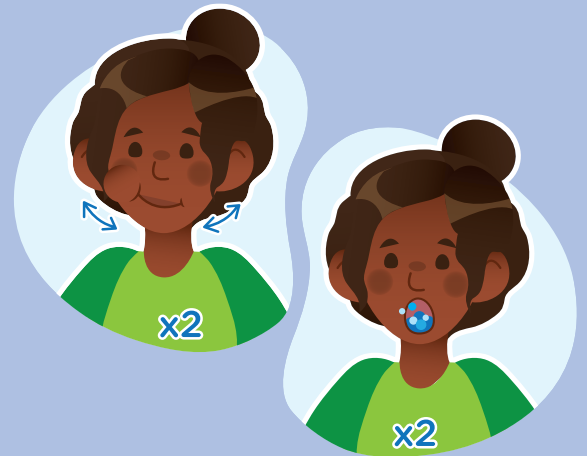
Squeeze **ALL** the salty water into your mouth. **Do NOT swallow the water.**

6

Swish for 5 seconds. Tip your head back and gargle for 5 seconds.

Repeat swish and gargling with the same salt water 2 more times for a total of 30 seconds.

If you are taking the test in a clinic, you may be asked by staff to put your mask back on while gargling.

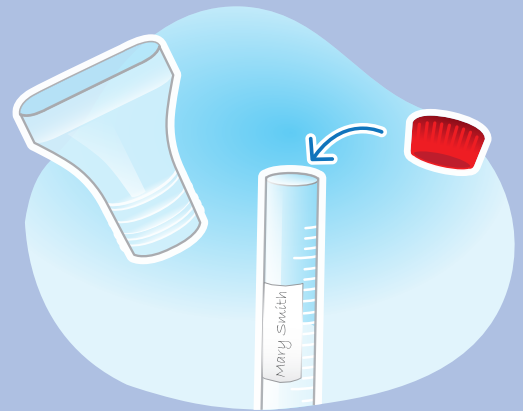


7

If wearing your mask, take it off.
Gently spit the water into the funnel on the clear container.

8

Remove the funnel and place the red cap on the container to seal your saliva sample. Do not overtighten cap.



9

If not wearing a mask and around others, put your mask back on.

10

If at a facility, give the container back to the person who gave it to you. If you are self-collecting, place the container within the provided specimen bag. Do not remove paper towel filling.



11

Use hand sanitizer or wash hands with soap and water.

12

If you are collecting your sample from home, you can follow the additional steps to guide you through the courier process for shipping.



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Ensure that the sample is securely located within specimen bag and surrounded by paper towel filling.

14

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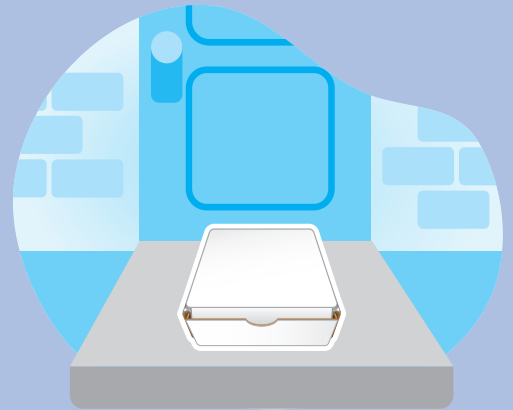


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