How to Collect Spit (Saliva) at home 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. GET READY TO SPIT
   - Collect saliva in the morning or night before your 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 or as close as possible.
   - 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 but do not wipe the label.
   - Let stand for 1 minute and then put the spit sample tube in the biohazard bag.
   - Make sure the spit sample tube is touching the absorbent pads but do not wrap the tube in gauze.
   - Make sure the barcode label is easy to see.

5. LINK YOUR TEST
   - Login to your account on LabFinder.com/ohsu
   - Click “Link Now”
   - Select the name of the child testing
   - Click Next and then Continue
   - Enter the unique 10-digit barcode ID or scan it with your phone
   - Click Save. Then click Complete Linking.

6. SEND YOUR SAMPLE
   - Fill out the paper card with the child’s information.
   - Place it inside the bag before sealing it tightly.
   - Return the biohazard bag with the spit sample tube and demographics card to the collection site at your school.
   - You will get your test results directly through LabFinder within 1-2 days after the sample is dropped off at your school.

Thank you for being part of the COVID-19 testing program.