

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](https://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.

Link your test online AND fill out the demographic card before you turn in your test.