Saliva Self-Collection Testing Kit Instructions

Please do not eat, drink, brush your teeth, use mouth wash, chew gum, chew tobacco, or smoke 30 minutes before collection.

1. Prepare for saliva collection
   - Clean your hands with hand sanitizer provided by a caregiver.
   - Allow saliva to collect in mouth for 2-3 minutes.
   - Carefully remove the cap from the vessel.

2. Fill the tube with saliva
   - Place your lips gently on the vessel opening, and carefully drool saliva into the collection vessel.
   - Repeat until 3 mL of liquid (not including bubbles) has been collected.
   - Note: please do not collect sputum or thick mucus - only saliva.

3. Recap the collection vessel
   - Screw on the cap TIGHTLY to ensure that your sample does not leak during transportation.

4. Wipe and give sample back to the caregiver
   - When the caregiver returns, wipe down the tube and packaging with an alcohol wipe and allow it to dry.
   - Hand it back to the caregiver for labeling. Clean your hands with hand sanitizer again.