

COVID-19 SALIVA SELF-SAMPLING

Thank you for participating in the COVID-19 surveillance testing campaign. With broad participation by you and many others, this campaign can help to estimate the prevalence of active infections on campus, identify an outbreak at an early stage, and help to prevent the spread of infection.

You have been provided with a saliva sample collection kit. If you received more than one kit, be sure to not misplace the ones you won't use today. Your barcode is personalized to you—do not accidentally swap labels with your roommate. Store the kit in a safe location for the remainder of the semester. You will be informed where and when to deposit your sample. It is important to deposit your saliva sample in a timely manner. Samples submitted too late can lead to inaccuracies.

What's in the kit

- 3 Sample collection tubes
- 3 Screw caps
- 5 Barcode labels



When to provide a sample

- You will get an email or other communication to provide a sample of saliva the following morning.



On the morning you will provide a sample

- Collect your saliva sample immediately after you wake up.
- Do not eat, drink, rinse your mouth, brush your teeth, take medication, or smoke before you provide your sample. If you accidentally forget, please wait 30 minutes and then provide a sample.



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INSTRUCTIONS

How to collect your saliva sample

1. Take the tube from the bag and stick one of the barcoded labels, provided, lengthwise (vertically) onto the tube as shown in **STEP 1**. Make sure you are only using the barcode that was given to you— as it is created specifically for you.
2. Accumulate some saliva in your mouth and swish it around.
3. Drain the saliva from your mouth directly into the tube.
Repeat until the tube is filled up as shown in **STEP 2**. Most people need 4-6 spits in order to provide enough saliva.
4. Close the tube with the screw cap provided. The cap will form a breakable seal. Do not re-open the tube and break the seal. Do not expose the tube to heat (>100°F) or direct sunlight.
5. Deposit the sealed and barcoded tube at your designated collection point in your residential facility before the deadline for collection.



Tips

- Some people produce low amounts of saliva. You can stimulate saliva production by putting a clean object (a clean fork for example) in your mouth. Otherwise, just be patient.
- Please drop off your sample at the designated collection site within one hour of collecting it.
- Do not write your name on the tube. If you are worried that you might mix your label with your roommate's, mark it with a color code (a blue X for example), but do not write on the barcode.
- If you were asked to donate and do not have a saliva tube, please go to the collection site, and you will be given one.