

HOW TO COLLECT SALIVA FOR COVID-19 TESTING

Each week, complete the saliva collection sample the night before you return the sample to your school on the designated collection day.

Your collection kit includes:

- One (1) Screw-cap collection tube
- One (1) Funnel
- One (1) Single-use alcohol wipe
- One (1) Absorbent sheet
- One (1) Biohazard/collection bag
- One (1) How to Collect instructions

NOTE: your school should have provided you with the following in your welcome packet at collection kit pick up:
One (1) Strip of small tube labels containing your name and date of birth
One (1) Sheet of round stickers to place over the cap and tube to seal

*Notify your designated school testing contact if you did not receive these required labels/stickers or are missing any of the collection kit items listed above. If the labels provided contain the incorrect spelling of your name or incorrect birthdate, please contact us at c19studentsupport@uoregon.edu with the corrected information.

Do **NOT** do the following (these activities could cause your sample to be unusable):

- Eat, drink (including water), chew gum, consume hard candies, or brush/floss your teeth for at least 30-minutes before providing your saliva sample.
- Wear lipstick or chapstick when you're testing.
- Use nasal sprays within 30-minutes before providing your saliva sample.
- Forcefully clear your throat while giving a sample - too much mucus in the sample makes it difficult to get an accurate test result.
- Self-collect if you have knowingly tested positive for COVID-19 in the last 90 days.

It is recommended that you **DO** the following:

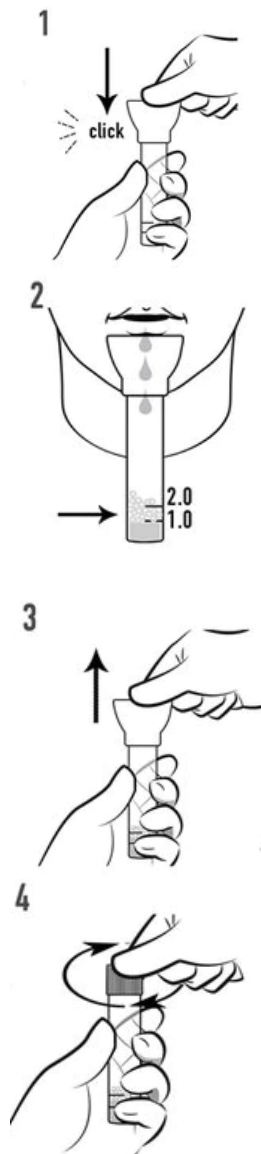
- Drink water shortly before the 30-minute time limit. If your mouth is too dry, it can be hard to produce enough saliva.
- Think about a delicious meal and allow your mouth to pool with saliva.

Before collecting your sample, follow these steps:

1. Wash your hands with soap and warm water for 20 seconds or use hand sanitizer.
2. Remove all items from your collection kit and confirm all items listed above are in front of you. **Avoid touching the inside of the funnel.**
3. Confirm that the labels, provided by your school, list your correct name and date-of-birth. If these details are not correct, please reach out to us at: c19studentsupport@uoregon.edu.

NOTE: This test is designed to test saliva that naturally pools in your mouth (for example: think about a delicious meal, your favorite foods or the taste of lemons). **It is very important that you do not try to force yourself to produce a saliva sample. Please do not cough anything up from your throat or chest and please do not sniff anything back from your nose and into your mouth.**

How to collect your sample:



1. Attach the funnel securely to the tube. Avoid touching inside of funnel with your fingers. Swallow to clear your mouth. Begin allowing saliva to pool in your mouth (it helps to think about delicious food, your favorite meal, or sour candies). Be patient and saliva will start to collect!

Remember to avoid coughing or sniffing during this process.

2. Position your mouth over the funnel opening. Gently release the pooled saliva into the funnel. Do not forcefully spit. This process should be more of a passive drool into the tube. Fill tube with saliva up from the bottom of tube to the indicated fill line on the tube or width of an adult fingertip.

Please note that any bubbles that may collect in the tube do not count towards the final volume. You may repeat the saliva pooling process a couple of times until you have filled the tube to the required amount. Gentle drooling instead of forceful spitting helps reduce bubbles.

3. Once you have collected enough saliva, hold the bottom of the tube tightly in one hand while beginning to unscrew the funnel with the other.

Discard the funnel once removed from the tube. Keep the tube upright.

4. Attached the cap securely onto the tube opening. Make sure the cap is firmly secured onto the tube to avoid spillage. Use the alcohol wipe to wipe your hands and the outside of the tube, then discard the wipe. Allow the outside of the tube to dry and then secure the tube label (name, date of birth) onto the tube making sure to not cover the tube's barcode with the label.

Place the round sticker where the cap and tube meet, to help the cap stay on the tube. Place closed and labeled tube into the sealable collection bag (biohazard bag) with the absorbent sheet and close.

If you have any questions during this process, please contact the University of Oregon at c19studentsupport@uoregon.edu or (541) 346-6553.

PLEASE NOTE:

- This product has not been Food and Drug Administration (FDA) cleared or approved, but has been authorized for emergency use by FDA under an Emergency Use Authorization (EUA) for the collection of SARS-CoV-2 samples;
- This product has been authorized only for the collection and maintenance of saliva specimens as an aid in the detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens; and
- The emergency use of this product is only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Federal Food, Drug and Cosmetic Act, 21 U.S.C. § 360bbb-3(b)(1), unless the declaration is terminated or authorization is revoked sooner.

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