

# Supporting your child with saliva testing

## 1 Know their test day.

Add a diary, calendar or phone reminder.



## 5 Give prompts and reminders, as needed.

Encourage your child to carefully follow each step in the instructions for use leaflet.



## 2 Go through the instructions for use with them again.

Translated videos are also available. You can watch the video here:



[www.hiowsalivatest.nhs.uk/test-results/how-to-test](http://www.hiowsalivatest.nhs.uk/test-results/how-to-test)

## 6 Remind them to pack their sample.

Put the packaged sample straight into their school or college bag.



## 3 Remind them to provide their sample first thing in the morning.

Before breakfast or brushing teeth.



## 7 Provide reassurance, if needed.

Some children may feel anxious or unsure at first.



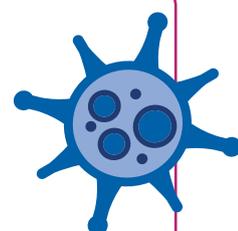
## 4 Ensure they use their unique barcode label.

Apply lengthways on top of the guide label on the sample tube so we can identify who the sample belongs to. Do not share barcode labels.



## 8 Encourage your child to keep their saliva collection kit and barcode labels somewhere safe so they don't get lost.

They'll need these to provide weekly saliva samples.



### Top reasons why you may not get a result:

- The barcode label was not applied lengthways to the sample tube, as shown by the guide label.
- There was insufficient saliva in the sample tube (about 2ml is required).
- The sample was not packaged correctly.