

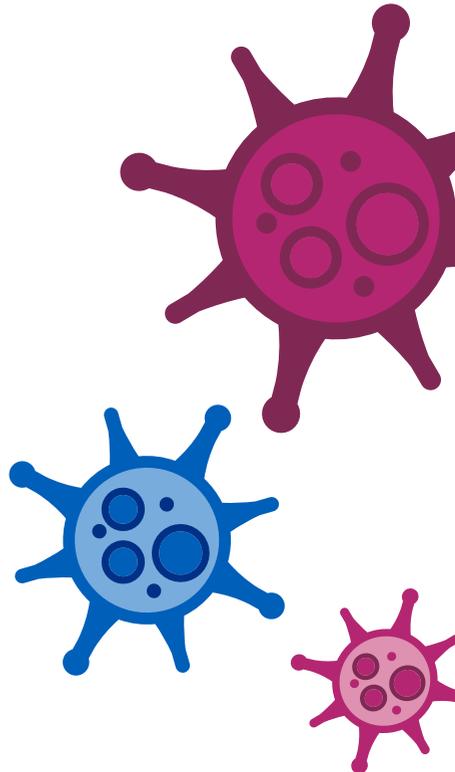
Hampshire and Isle of Wight COVID-19 Saliva Testing Programme

Taking your test

Thank you for taking part in this programme. This test for COVID-19 involves collecting your saliva in a sample pot for laboratory testing. Results will be sent by text message within 48 hours of the sample being received in the laboratory.

This leaflet explains how to take your test and what to do if you have any questions.

The result of this test will tell you whether you had COVID-19 at the time of taking the test. It will **not** tell you whether you have had the virus in the past, and a negative result does **not** protect you from catching it in the future.





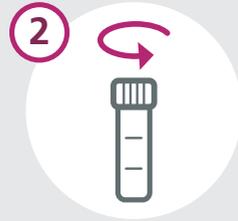
Important: You should take your test as soon as possible after you wake up and **before** you have anything to eat, drink or brush your teeth, and **without** using a mouthwash.



How to take your test



Wash your hands with soap and water for **20 seconds**, then rinse and dry them.



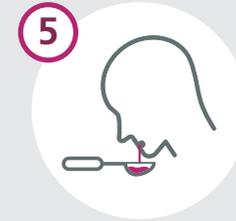
Unscrew the lid of a pot. You will only need to submit one pot for each test.



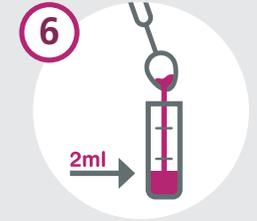
To help you create enough saliva for the test, imagine you are eating and move your mouth as if you are chewing.



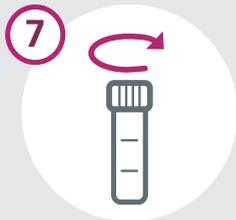
Tilt your head forward to allow your saliva to collect in the front of your mouth.



Transfer the saliva from your mouth into a clean teaspoon. We need just under half a teaspoon of saliva (**about 2ml**) to do the test. If it contains blood or food, please take another sample.



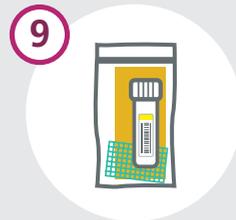
Carefully pour the saliva from the teaspoon into the pot.



Screw the lid back on to the pot, until it stops. Do not over tighten. Take care to make sure it fits properly.



Stick one of your bar code labels **lengthways** on your sample pot, otherwise it cannot be processed in the lab. If there is already a label on the pot, your label **must** be stuck on top. **Make sure the outside of the pot is completely dry.**



Place it inside the smaller 'inner bag', together with a yellow leak detector sheet and an absorbent swab, **taking care to only touch the edge and not damage the leak detector.** Carefully press the grip-seal mechanism closed, working along its length to ensure an air-tight seal.



Wash your hands and the teaspoon with soap and water for 20 seconds, then rinse and dry.



Place the inner bag containing the pot in the larger 'outer bag' and seal this securely, with as little air inside as possible.

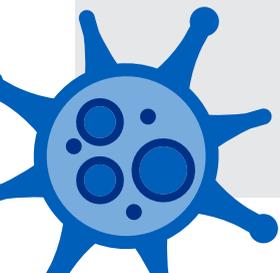


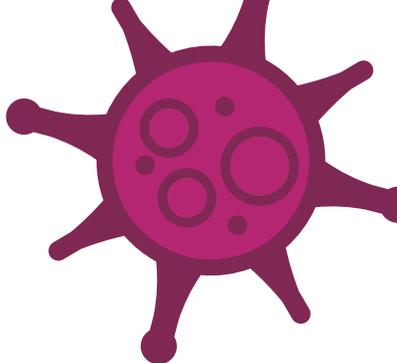
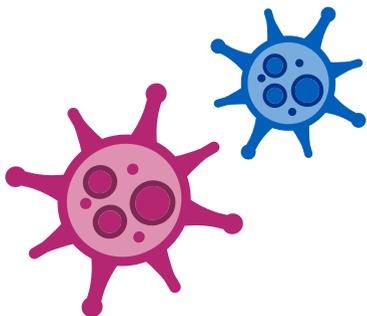
Return your sample to the agreed drop off point in your organisation.

Failure to follow these instructions may result in your sample NOT being examined.



Important: After you've taken your test please keep the bag at room temperature, away from direct heat, until you are ready to return it. You should return your test as soon as possible, ideally within a few hours of taking it, and certainly **within 12 hours.**





Help and contact details

Find out more

For more information on the saliva testing programme, visit: www.hiowsalivatest.nhs.uk

Contact us

If you have a query about the saliva testing programme, call our freephone helpline on **0808 196 2282**.

If you need medical help, visit www.111.nhs.uk/covid-19 or call NHS **111**. For a medical emergency dial **999**.

Thank you

Thank you for taking part. Together we can slow the spread of COVID-19, protect the NHS and save lives.