

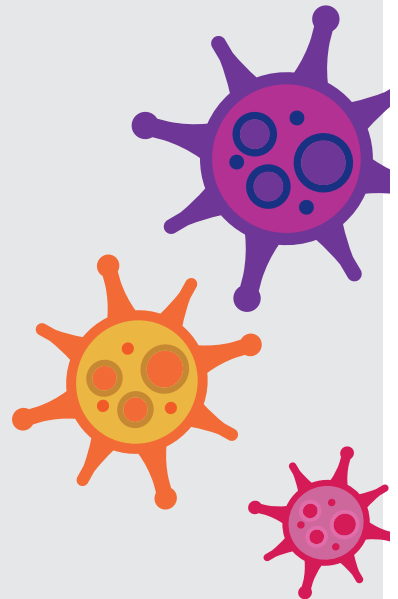
# Hampshire and Isle of Wight COVID-19 Saliva Testing Programme

## 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.

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. After you've taken the test please keep the bag somewhere cool or in your refrigerator 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 24 hours.

## How to take your test

1



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

2



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

3



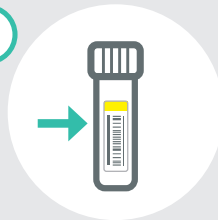
To help you create enough saliva for the test, imagine you are eating and move your mouth as if you are chewing.

7



Screw the lid tightly back on to the pot, taking care to make sure it fits properly.

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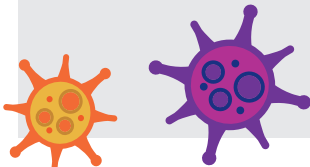


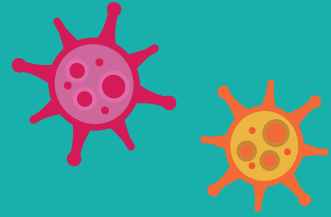
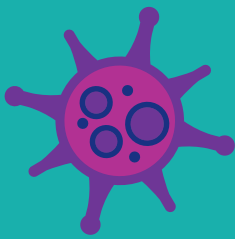
Stick one of your 'sample pot' labels **lengthways** on your sample pot. If there is already a label on the pot, your label should be stuck on top of it.

9



Seal the pot inside **one** of the small clear bags provided along with one piece of the absorbent material. Please do **not** wrap the material around the pot.





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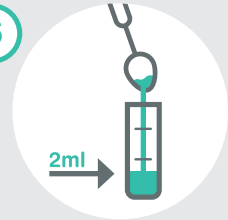
Tilt your head forward to allow your saliva to collect in the front of your mouth.

5



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.

6



Carefully pour the saliva from the teaspoon into the pot.

10



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

11

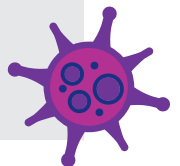


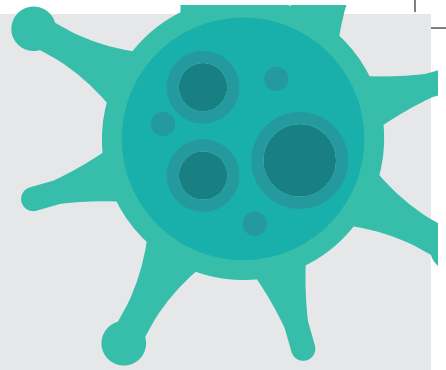
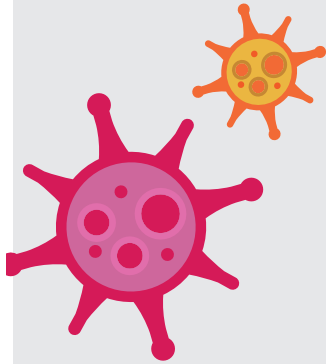
Place the bag containing the pot in a second larger bag and seal this securely, with as little air inside as possible.

12



Return the bag containing your pot to the agreed drop off point in your organisation.





## Find out more

For more information on the saliva testing programme, visit: [www.hiowsalivatest.nhs.uk](http://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](http://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.