

MGH COVID-19 Household Contacts at Risk (CAR) Study **Saliva collection instructions**

Sample Kit Contents:

- 1 labeled plastic tube with a gray lid
- 1 Strip of waxy tape called Parafilm
- 1 Plastic specimen bag

Collection Instructions:

PLEASE FOLLOW INSTRUCTIONS CAREFULLY

PREPARATION

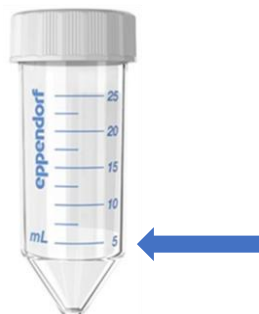
1. Rinse your mouth with water 30 minutes before collecting your sample.
 - ❖ **Do NOT eat, drink, chew gum, or use tobacco within 30 minutes of collecting your sample.**
2. Remove the lid from the plastic tube and set aside on a clean surface.
3. Let the saliva start to pool in your mouth.
 - ❖ **If having trouble forming saliva, you can rub your cheeks or think about your favorite food.**

COLLECTION

1. Hold the plastic tube to your mouth and start filling with saliva.



2. Saliva should come up to the line marked with the number **5** or higher.
 - ❖ **Avoid filling the cup with spit bubbles.**



3. Place the lid **tightly** back on the tube.

PACKAGING

1. Remove the back from the strip of Parafilm.



2. Stretch the parafilm and wrap it several times around the area where it would leak if the cap became loose.
 - ❖ **Wrap it in the same direction the cap screws onto the tube.**



3. Write the date and time you collected the sample on the label.
4. Place the tube and saliva samples from your household members into the plastic specimen bag and seal.
 - ❖ **Saliva and blood samples should go into two separate bags.**

SHIPPING

1. Place both sealed plastic specimen bags with all household samples into the prepared return mailer and seal.
2. Place the mailer in a blue mailbox on the street or provide to your mail carrier within 24 hours of collecting the samples.

**Please remember to have everyone in your household complete their electronic survey
on the same day as collecting the samples.**