

COVID-19 Mouth Rinse / Gargle Sample Collection

Please read all these instructions before starting.

Scan the code to the right on your phone camera or use the link below to view the instructional video.
youtu.be/dqqAdsiMOqk



1



Make sure you are wearing a **face mask**, unless you are in an outdoor/drive-through testing location.

2



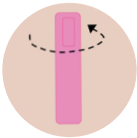
Wash your hands with soap and water or hand sanitizer.

3



Make sure the right name is on the sample container.

4



Twist off the top of the pink vial of salty water. **Remove your mask.**

5



Squeeze all of the water into your mouth. **Put your mask back on.**

6



Swish the water around in your mouth for 5 seconds.
Tip your head back and **gargle** for another 5 seconds.
Repeat **swishing** and **gargling** 2 more times for a total of 30 seconds.

| | | | | | |
|--------------|---------------|--------------|---------------|--------------|---------------|
| SWISH | GARGLE | SWISH | GARGLE | SWISH | GARGLE |
| 5 seconds | 5 seconds | 5 seconds | 5 seconds | 5 seconds | 5 seconds |

7



Remove your mask. Spit the water into the container.
Put your mask back on.

8



Place the container on the surface as directed by the nurse. The nurse will apply the cap and place it in a specimen bag.

9



Wash your hands with soap and water or hand sanitizer.

HOW TO GET YOUR TEST RESULTS Search for “BCCDC covid test results” or visit:
bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results