

Symptomatic: School-aged child

COVID-19 Mouth Rinse / Gargle Sample Collection

Please read all these instructions before starting.

Scan the code to the right on your phone camera to view the instructional video or visit [BCCDC.ca](https://www.bccdc.ca) and search "Gargle video."



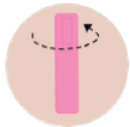
***For testing accuracy DO NOT eat, drink (including water), brush teeth, chew gum, smoke or vape for 1 (one) hour prior to testing.**



Both you and the child wash hands with soap and water or hand sanitizer. Child should wear a mask for testing to avoid germ spread.



On the container label, write: The child's **Full Name, Date of Birth, & Date and Time of sample collection.**



Twist off the top of the pink vial of salty water.



Remove mask and squeeze all of the water into the child's mouth. **Ask the Child not to swallow the water or talk.** Replace mask on child's face.



Ask the child to **swish** the salty water around in their mouth for 5 seconds. Ask the child to tip their 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



Remove mask and ask the child to spit the water into the container. Screw the cap on **TIGHTLY** to prevent leaks. Place the container back into the biohazard bag.



Both you and the child wash hands with soap and water or hand sanitizer.



Fill in the form:

- 1) Full name, Date of Birth, Personal Health Number (PHN),
- 2) Date and time of sample collection
- 3) School name

Fold and place the form into the outside pocket of the bag.

Where to drop off your collection Kit

Drop off the collected sample within 24 hours to a location listed below. Scan the QR codes for locations maps.

BC Children's Hospital:

Drop Box outside of entrance 17



LifeLabs Location finder and hours:



Following your COVID-19 test

Please visit the BCCDC website for more information about testing children and youth. Your child will need to **self-isolate** after their test. This means you should go directly home after their test. Your child should stay home from school and not see visitors. Learn more at the BCCDC website.



BCCDC self isolate

How to access the test results

If your child tests positive, you will be contacted by Public Health and provided instructions on what to do next. Here are some of the other ways you can access **test results**:

- Sign up for text message results after you take your child to a COVID-19 collection centre. Visit the Test Results page on the **BCCDC website** and fill in your name, date of birth, Personal Health Number and a cell phone number.
- Contact the **BCCDC COVID-19 negative results line** at 1-833-707-2792. Be ready with your child's PHN, birthdate and the date the test was done. Wait at least 48 hours before calling to make sure the results are available.
- **My eHealth**, offered by LifeLabs, is a fast and secure method to receive test results for those 16 years or older, at 1-888-522-7758 or <https://secure.bc.myehealth.ca/#/>.



BCCDC test results



My eHealth

- You may access and print your results by registering through **Health Gateway** at www.healthgateway.gov.bc.ca.



Health Gateway

- For residents of **Island Health**, call 1-866-370-8355.
- For residents of **Interior Health**, use the My Health portal at www.interiorhealth.ca/YourHealth/MyHealthPortal.

Your test result could be:

NEGATIVE A negative result is considered negative for COVID-19 unless (1) public health requests follow up testing OR (2) symptoms worsen requiring an assessment and potentially repeat testing.

Your child can stop isolating and return to school if they test negative and their symptoms are gone unless they have been asked by public health to continue to self-isolate. This might happen if your child has been exposed to someone with COVID-19.

POSITIVE If your child tests positive for COVID-19, your child will need to stay home for a minimum of 10 days from when their symptoms started. You will be contacted by public health for follow up and with instructions on when they can end isolation.

INDETERMINATE Results do not provide a clear result for COVID-19 infection. You will be contacted by public health for follow up.

SAMPLE INVALID/REJECTED Sample could not be tested (e.g. leaked sample, error in labelling / requisition). You will need to collect another sample for testing.

Go to the nearest hospital Emergency or call 911 if you:

- Is having difficulty breathing.
- Has blue lips or skin, or appears very pale.
- Is coughing excessively, particularly with a fever.
- Is vomiting excessively, especially if there is blood in the vomit.
- Has diarrhea and vomiting and is not producing tears, and has not urinated for several hours.
- Has a high fever, appears very sleepy, and has not improved with acetaminophen (Tylenol) or ibuprofen (Advil).

If symptoms get worse or new symptoms develop, contact your health care provider or call 811