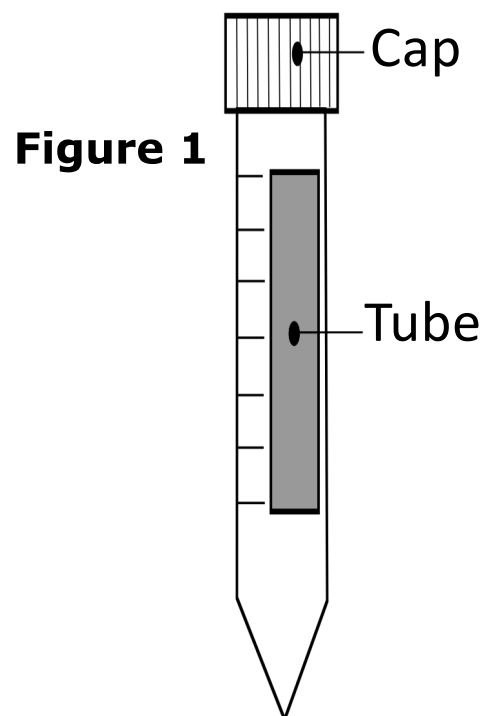


# Saliva Collection Instructions

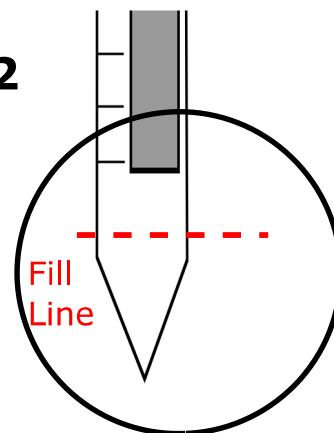
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COVID-19 Asymptomatic Saliva Testing Research at  
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1. Do **not** brush your teeth, eat, or drink at **least 1 hour** before providing the sample. Drinking water is permitted, but not within 10 minutes of collection.
2. Wash your hands.
3. Unscrew the cap of the provided collection tube (**Fig.1**) and place it on a clean surface.



4. Deposit approximately 1 mL of saliva (**Fig. 2**) into open tube (less than a teaspoon). **Replace cap tightly.**

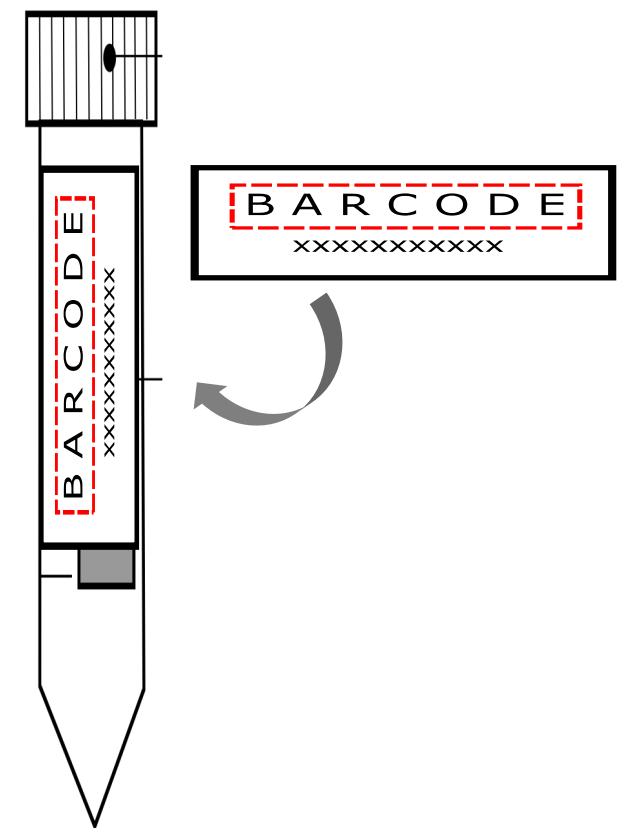
Figure 2



5. Place your unique barcode sticker onto the side of the tube with your saliva (**Fig 3**)

Place your tube inside the Ziplock bag (provided).

Figure 3



6. Drop off your sample in the same day, on the drop box at Biology 1, on Monday or Wednesday from 9 am to 12 pm.
7. Wash your hands.

If you have any questions or require immediate assistance, please contact the study coordinator Dr. Patricia Dorr de Quadros by email [saliva.testing@uwaterloo.ca](mailto:saliva.testing@uwaterloo.ca) or by phone 519-888-4567 x40570 between 10 am and 5 pm.