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 and search "Gargle video."



1



Make sure you and the child to be tested are wearing face masks, unless you are in an outdoor/drive-through testing location.

2



Both you and the child 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 the child's mask.

5



Squeeze all of the water into the child's mouth. **Ask the child not to swallow the water or talk.** Put the mask back on.

6



Ask the child to **swish** the 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					

7



Remove the child's mask. Ask the child to spit the water into the container. Put the 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



Both you and the child 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-I 9/testing/test-results







