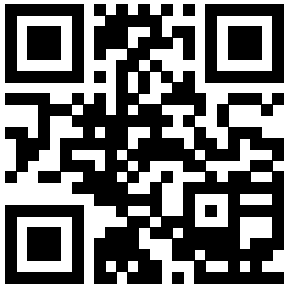


# COVID-19 Mouth Rinse / Gargle Sample Collection

*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.”*



- 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.
- |              |               |              |               |              |               |
|--------------|---------------|--------------|---------------|--------------|---------------|
| <b>SWISH</b> | <b>GARGLE</b> | <b>SWISH</b> | <b>GARGLE</b> | <b>SWISH</b> | <b>GARGLE</b> |
| 5 seconds    | 5 seconds     | 5 seconds    | 5 seconds     | 5 seconds    | 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.

# Following your COVID-19 test

Please visit the BCCDC website for more information about testing children and youth:  
[www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/children-youth](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/children-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 [www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation).

## How to access and understand the test results

If your child tests positive, you will be contacted by Public Health and provided instructions on next steps. To access your results, please have your personal health number handy for any of the following options:

- Call Island Health's Lab Call Centre at **1-866-370-8355**, Monday to Friday, 7am—6pm, Saturdays and Statutory Holidays 8am—4pm.
- Call BC's COVID-19 Negative Results Line at **1-833-707-2792**, 8:30am—4:30pm, 7-days a week.
- Sign up with BCCDC for results by text message: [www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results)

## Your child's 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.

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

### Take your child to your nearest hospital Emergency or call 911 if your child:

- 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).