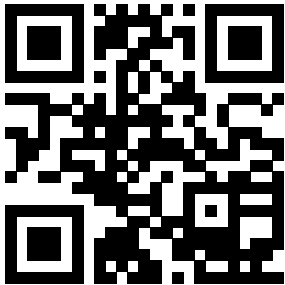


COVID-19 Mouth Rinse / Gargle Sample Collection

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

2



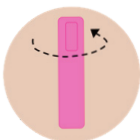
Wash your hands with soap and water or hand sanitizer.

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.



Instructions for an older child/youth

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.

You will need to **self-isolate** after the test. This means you should go directly home after the test and stay home from school and not see visitors. Learn more at www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation.

How to access and understand the test results

If you test 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
- Results for minors (ages 13-18) can only be given to them, in accordance with B. C.'s *Infants Act*. If a parent calls for result, the youth must be present to give verbal consent to release them.
- We strongly recommend minors seek the support of a trusted adult when obtaining results to ensure any follow-up instructions are clearly understood.

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.

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

POSITIVE If you test positive for COVID-19 you will need to stay home for a minimum of 10 days from when symptoms started. You will be contacted by public health for follow up and with instructions on when you 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

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

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