

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://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



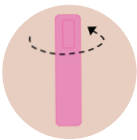
Wash your hands with soap and water or hand sanitizer.

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.

HOW TO GET YOUR TEST RESULTS Search for “BCCDC covid test results” or visit: bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results

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.

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.

How to access and understand 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 their 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 to get these results on your child's behalf. 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 <https://secure.bc.myehealth.ca/#/>.
- For residents of Interior health, use the My Health portal at www.interiorhealth.ca/YourHealth/MyHealthPortal.

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).