

# 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



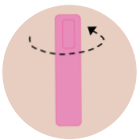
Wash your hands with soap and water or hand sanitizer.

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.

<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 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](https://bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results)



Instructions for an older child/youth