

How to Take a **Saliva** **(Spit) Sample** at Home



Before you use this kit, read this entire booklet and watch the video to learn the steps to take your sample.



RECOVER

Researching COVID to Enhance Recovery

An Initiative Funded by the National Institutes of Health

RECOVERcovid.org

This booklet tells you how to:

- Prepare to take your saliva sample _____ Page 4
- Collect your saliva sample _____ Page 5
- Pack and mail your sample _____ Page 7

This booklet is for caregivers taking their child's saliva sample, or young adults taking their own saliva sample.

If more than one person in your house is in the RECOVER study, you will each get your own saliva sample kit.



Thank you for being part of the RECOVER study!

You're helping us learn about the long-term health effects of COVID. We will use your saliva sample for genetic testing (tests to look for changes or mutations in your genes and DNA).

What's in this kit?

This kit includes:

- This booklet
- Plastic funnel attached to a tube to collect your saliva
- Plastic cap for the plastic tube
- Form to mail back with your sample – this is the white paper with a barcode. It tells us the sample is yours without listing your name or other private information.
- Pre-addressed box to mail your sample back to us

How much time will this take?

It will take about 10 minutes to read these instructions, watch the video, and take your sample. It only takes about 2 to 5 minutes to collect your saliva.

Prepare

- **Check the kit** to make sure it has your name and address on it. Do not use the kit if it does not have your name or address on it.
- **Don't take your saliva sample on Saturday.** Take it any other day Sunday to Friday, so you can mail it and it won't be in the mailbox for too long.
- **Don't take your saliva sample if you have COVID right now**, such as if you are sick with COVID or just tested positive for COVID. Wait until you have a negative COVID test, or until your doctor says you can't spread COVID to other people anymore. If you're not sure if you can spread to other people, call your doctor or study site.

- **Watch the video.**
Scan the QR code to watch a video on how to take your saliva sample.



- **For at least 30 minutes before you collect your saliva:**
 - Don't smoke, use chewing tobacco, or vape
 - Don't eat or drink anything
- **Make sure your mouth and lips are clean:** Take off any lipstick or lip balm by wiping your lips with a cloth. Your lips should be clean and dry.
- **Wash and dry your hands.**

Make enough saliva

You need enough saliva to fill the tube up to the **FILL TO** line with spit, not bubbles from your spit.

To make more saliva in your mouth, especially if your mouth is dry:

- Drink a little water or suck on an ice cube
- Use your finger to softly rub the outside of your cheeks – do not rub inside your mouth
- Smell a sour food, like a lemon or orange
- Think about your favorite food
- Pretend to chew food

Collect your saliva

1 Rinse your mouth with water.

Take a sip of water, swish it around your mouth for a few seconds, and spit it out into a cup or the sink.

2 Hold the tube upright.

The tube should come with the funnel attached, and the lid to the funnel open. **Do not take the plastic film off the lid.**

3 Spit saliva into the funnel.

If your saliva has bubbles in it, wait until they pop on their own. Keep spitting saliva into the funnel until clear saliva fills the tube up to the **FILL TO** line.



4 Close the lid on the funnel.

Hold the tube upright with the opening at the top. Push down on the funnel lid until you hear a click. Liquid from the lid will then go into the tube with your saliva.



5 After all the liquid has gone down into the tube from the funnel, twist the empty funnel off the tube.

Hold the tube and gently twist the funnel off.



6 Put the plastic cap on the tube.

Twist the plastic cap onto the tube to close it. Make sure it is on tight.



7 Mix your saliva in the tube.

Gently flip the tube upside down and then back up **5 times**.

- 8 Write the date and time you took your sample on the form.

Don't write down your name, birth date, or other things about you on the form.



Pack and mail your sample

- 9 Put the tube with your sample in the clear plastic bag and seal it.

To seal the bag, peel off the adhesive strip, fold over the flap, and push down. Fold the sealed bag around the tube.

- 10 Put your sealed, folded bagged sample and the form in the shipping box.

- 11 Close and seal the box.

- 12 Mail your sample.

Within 24 hours of taking your sample, drop it off at a United States Post Office (USPS) or USPS mailbox



Thank you for
being a part of the
RECOVER study.

Questions or need help?

For help or questions, call your study team.