

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



Before you use this kit, read this entire booklet 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 use this kit to collect a small amount of saliva at home. It's easy, private, and free.

- Prepare to take your saliva sample _____ Page 4
- Collect your saliva sample _____ Page 5
- Store your sample in your fridge _____ Page 6
- Give your sample to the study staff _____ Page 6

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 plastic tube to collect your saliva
- Plastic cap for the plastic tube



Important – Only Use Your Sample Kit

How much time will this take?

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

Prepare

- Take your saliva sample on the same day the study staff will visit your home.
- 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.
- 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.
- For at least 30 minutes before you collect your saliva:
 - Don't smoke, use chewing tobacco, or vape
 - Don't eat or drink anything
- 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 Take the lid off the funnel attached to the top of the plastic tube.

Don't take the plastic film off the lid.

- 2 Hold the tube upright and 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, shown in Picture A.

- 3 Put the lid back on the funnel.

Hold the tube upright with the opening at the top. Push down on the funnel lid until you hear a click.

- 4 Wait for all the saliva to go down into the tube from the funnel.



Picture A

- 5** 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. This mixes your saliva with the liquid in the tube.

Store your sample in your fridge

- 8** Place the tube with your sample in the clear plastic bag.

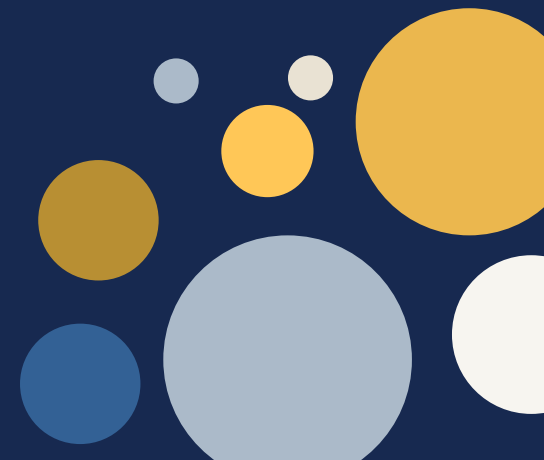
Peel the blue strip off the bag, fold over the flap, and push down to seal the bag.

- 9** Put the plastic bag with your sample in your fridge right away.

Do not put it in your freezer.

Give your sample to the study staff during the visit

Thank you for
being a part of the
RECOVER study.



Questions or need help?

For help or questions, call your study team.