



HM Government



Test and Trace

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Read this guide carefully before you provide your sample.

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## Your step-by-step guide to providing a saliva sample for COVID-19 testing

Avoid eating or drinking for at least **1 hour** before taking your sample to reduce the risk of spoiling the test.

This guide explains how to test yourself or another person for COVID-19 using the saliva sample collection kit. It tells you how to take your sample, how to safely package your sample for transportation to the laboratory and how you will receive your results.

Alternative language versions and video demonstrations are available at: [www.gov.uk/covid-19-saliva-test](https://www.gov.uk/covid-19-saliva-test)

# What you need to do

[Please note that in the standard print document there are images throughout. The text accompanying the images is self-explanatory and only the text has been transcribed into large print.]

## Contents of this guide

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## **Intended use**

This saliva sample collection kit is to collect human saliva to test for COVID-19. The sample is tested in a laboratory using LAMP (loop-mediated isothermal amplification) technology.

# 1. Who this test is suitable for

The LAMP saliva test is for people who do not have symptoms of COVID-19 (asymptomatic). It is suitable for:

## **Adults aged 18+**

Self-sample, with assistance if needed.

## **Adolescents aged 12 to 17**

Self-sample, with adult supervision if needed.

## **Children under 11**

Sample must be provided with adult supervision.

## **WARNING**

**Keep out of reach of children. The kit contains small parts that may present a choking hazard.**

## 2. Check kit contents

**In your test kit you should have:**

### **WARNING**

**Do not touch or remove the absorbent pad from the leakproof bag.**

- polygrip bag
- leakproof bag with absorbent pad
- plastic tube with lid
- spare test kit barcode

**You will also need:**

- a clean teaspoon for collecting your saliva
- soap, hot water, and a towel, or hand sanitiser

### **Advice**

#### **What to do if something is damaged, broken or missing**

If you notice anything damaged, broken or missing, please do not use the test kit. You can give feedback by calling the customer contact centre.

Lines open every day, 7am to 11pm.

Call: **119** (free from mobiles and landlines). We offer support in 200 languages as well as British Sign Language.

# 3. How to take your saliva sample

## Important

One hour before taking your sample:

- do not drink (including water)
  - do not eat
  - do not brush or floss your teeth, or use mouthwash
1. Wash your hands with soap and hot water for **20 seconds**, then rinse and dry them, or use hand sanitiser.
  2. Clean and dry a surface and then place the test kit contents on it.
  3. Unscrew the lid of the tube. You will only need to submit one tube for each test.
  4. To help you create enough saliva for the test, imagine you are eating and move your mouth as if you are chewing. Thinking of your favourite foods can also help to create saliva.
  5. Tilt your head forward to allow your saliva to collect in the front of your mouth.
  6. Release your saliva into a clean teaspoon. We need 2ml of saliva which is about half a teaspoon. If you can see blood or food on your teaspoon, do not use this sample, wash your teaspoon and take another sample.
  7. Carefully pour the saliva into the tube provided. The tube must be filled to the **2ml** marker.
  8. Screw the lid back on to the tube making sure it fits properly.

9. Place the tube inside the leakproof bag alongside the absorbent pad. Close the grip seal, so there is no air trapped inside. Do not touch the absorbent pad and do not remove it.
10. Place the leakproof bag with the absorbent pad and tube containing your sample into the polygrip bag. Close the grip seal, so there is no air trapped inside.
11. Wash your hands with soap and water for **20 seconds**, then rinse and dry them.

## Important

After you have taken your sample, keep at room temperature (15 to 25°C) away from direct sunlight and heat. Do not put your sample in a fridge or freezer.

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## 4. Register your sample

- 12.** You need to register each sample to get your test result. If you are registering yourself, go online to [gov.uk/register-your-test](https://www.gov.uk/register-your-test). You will need your test kit barcode number.

If your organisation is registering this sample for you, they may ask you for the spare test kit barcode. This will match you to your sample. Do not put the spare test kit barcode into the sample bag.

If you do not have access to a mobile number or email address, you need to call **119** to register your sample. You will need the unique test kit barcode number.

### Advice

Take a picture or write down the barcode number. You will need this if you call 119 for support.

### 13. Return your sample

Take the bag containing your sample to your organisation's LAMP drop-off location.

The sample should be returned within 4 hours of taking it. A courier will collect your sample from your drop-off location and take it to the laboratory to be tested.

### Important

Your sample may be void if you do not return it within 4 hours of taking it.

## 5. Getting your results

Test results will be sent by text message or email from the NHS within 1 to 2 days. If you do not have an email or mobile telephone you should call **119** to get your test results.

### Understanding your results

#### If you test negative for COVID-19

A negative result means it is very unlikely that you had COVID-19 at the time of the test. You can still get the virus in the future. You should continue to follow government guidelines and advice.

#### If you test positive for COVID-19

A positive result means it is very likely that you had COVID-19 when the test was done. You should follow the current government guidelines about isolation. Please note that it is not necessary for you to organise another COVID-19 test through the NHS. You can contact **119** if you have any other questions or concerns.

#### Void or inconclusive test result

A void result means that it was not possible for the laboratory to process your sample. This is usually because:

- there was not enough saliva to test
- the specimen was contaminated with food or drink
- the specimen was not sent in the correct tube

You should wait for your next sample collection day and take a new sample.



## 6. Help and contact details

To read more about saliva sample collection and LAMP testing go to:  
[www.gov.uk/guidance/covid-19-saliva-test](http://www.gov.uk/guidance/covid-19-saliva-test)

### Contact and support

You can call **119** (free from mobiles and landlines) if you have any other questions or concerns or if you need extra support. Lines are open every day, 7am to 11pm. 119 provides support in 200 languages.

### Do not delay getting help if you are worried. Trust your instincts

If you have COVID-19 symptoms or have contracted COVID-19, please follow NHS guidance: [nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)

If you have COVID-19 symptoms and your condition worsens, or you do not get better after 7 days, use the NHS 111 online coronavirus service [111.nhs.uk](https://111.nhs.uk)

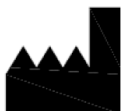
If you do not have internet access, call **NHS 111**.

For a medical emergency dial **999**.

You can get more advice about COVID-19 symptoms in children at:  
[nhs.uk/conditions/coronavirus-COVID-19/symptoms/coronavirus-in-children/](https://www.nhs.uk/conditions/coronavirus-COVID-19/symptoms/coronavirus-in-children/)

# Thank you for helping to stop the spread of COVID-19

Supply of this device is only permitted as part of the Department of Health and Social Care (DHSC) deployment under the NHS Test and Trace programme.



Department of Health and Social Care, 39 Victoria Street, Westminster, London, SW1 0EU.

## Symbols used



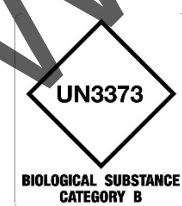
Temperature limit



Lot number



Keep away from sunlight



Biological substance category B



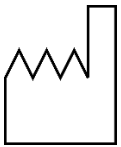
Use-by date



Consult instructions for use



UK Conformity Assessed



Manufacturer



Keep dry



Do not use if package is damaged

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Whilst every effort has been taken to ensure the accuracy of this text, the original documentation should be relied upon as the true and accurate version.

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