

Gargle sample collection method for COVID-19 diagnosis

Wash your hands with a hydroalcoholic solution and put on a clean procedure mask before proceeding to the gargle sample collection.

Do not drink, eat, smoke, brush your teeth or chew gum in the 15 minutes prior to the sample collection.

1

- Stay at least two metres away from anyone else.
- Partially remove the mask by only handling the elastic band on one side.
- A graded goblet containing 5 ml of Naya or Eska water will be provided to you.



2

Gargle with that water



Put the mask back on before gargling

5 seconds in the mouth



5 seconds in the throat



Repeat a second time:

- 5 seconds in the mouth
- 5 seconds in the throat

3

- Remove the mask and dispose of it as recommended.
- Spit out the liquid from your mouth back into the goblet. Be careful not to spill any.
- Put on a new mask.

4

- Pour 2 ml of the goblet's content into the specially designed tube.
- Properly close the tube by firmly screwing the lid.
- Lightly press the sides of the goblet to make it easier to pour the liquid into the tube.



5

Throw away the goblet and wash your hands with a hydroalcoholic solution.

6

- Make sure that the lid is screwed properly, and place the tube in the specially designed bag.
- Seal the bag and hand it to the designated person.