

## **SAMPLE COLLECTION INSTRUCTION**

### **BEFORE YOU START REMEMBER TO:**

**60 minutes prior to collecting the saliva sample**

- Do NOT eat
- Do NOT drink
- Do NOT smoke
- Do NOT brush or rinse Your teeth.

**Submit Your material individually**

**Do not touch material collected from other people.**

**Keep a safe distance from others while sampling.**

### **ATTENTION!**

- The collected material is potentially highly infectious!
- Everyone should submit their material individually and not touch material taken from other people
- Keep a safe distance from others while sampling.

### **HOW TO TAKE A SAMPLE FOR TESTING**

**1) Before collecting the tube, wash and disinfect Your hands**

**2) Deposit the saliva into the test tube to the 2 mL level**

**3) Wash Your hands**

**4) If the test tube is contaminated, wipe it thoroughly with a paper towel soaked in disinfectant, wash Your hands again**

**5) Put the test tube in the smaller bag**

**6) Wash Your hands**

**7) Put the sample bag into the other bag.**

**8) Bring the collected sample to the Collection Point**

**Trials, at the place and time indicated in your individual SONAR account (<https://sonar.teldoc.pl>)**