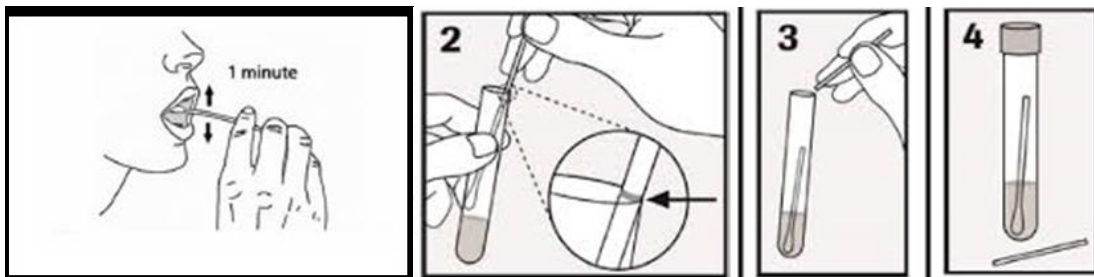


How to take a COVID-19 buccal (saliva) swab

Staff – self taken swabs

- Please ensure the sample containers, **YELLOW** topped COBAS tubes, are labelled with your forename, surname, date of birth and NHS number.
Add the **date** the sample is being taken.
 - **Do not eat 30 minutes prior** to taking the swab.
1. Wash your hands with soap and water
 2. Remove swab from pouch
 3. Roll cotton bud around mouth (under tongue, over gums, over inside of cheeks) for 1 minute – aim to soak swab in saliva



4. Place into the **YELLOW** COBAS tube and break off the shaft of the swab to the snap line
5. Replace the lid of the COBAS tube securely and decontaminate the outside of the container
6. Double bag the tube (One clear plastic bag inside a second plastic bag)
7. Place the double bagged tube inside the rigid plastic container
8. Ensure that all sections of the request form are completed
9. Wash your hands with soap and water
10. POD the double bagged sample back to the Old Path Lab

(POD number = 2900)