

Mumps Self-Collection Instructions of Saliva or Buccal (Inside of Cheek) Samples

The kit contains:

- 2 sterile Polyester tipped swabs
- 2 Viral Transport Medium tubes (Red cap tubes) labelled as UTM-RT
- Instructions for you to collect your own samples

Read the instructions **FIRST** before you collect the samples so that you understand what you have to do:

- ✓ If you are chewing anything or have food in your mouth spit it out and rinse your mouth with tap water.
- ✓ If you drank a beverage within the past 15 minutes, rinse your mouth with tap water.
 - If you have rinsed your mouth then wait for about 10 minutes before proceeding to collect the sample, if not then proceed as below.
- ✓ Sit down and remove the mask.
 - If your face is swollen on ONE side collect saliva from that side.
 - If your face is swollen on BOTH sides then collect saliva from both sides – use one of the swabs to collect saliva from one side then, using the other swab, collect saliva from the other side.
 - If the swelling is under your tongue or your neck is swollen collect saliva from under your tongue.
 - Put each sample into its separate collection tube.

Collecting the saliva or buccal (inside cheek) swab

1. Take one of the swab packets and peel it apart where it says “Peel” for about 1/3 of the way.
2. Take out the swab and slide the cotton tip into the space (buccal space) BETWEEN your cheek and your gums (teeth) all the way to the back, on the SWOLLEN side of your face.
 - If the swelling is on your neck, put the swab UNDER your tongue.
3. Leave it there for about 1 minute, to collect the saliva that accumulates.
4. Unscrew the red cap of the specimen collection tube (UTM-RT), and put the swab halfway down into the red liquid and bend the shaft of the swab it so that it breaks off – throw the remaining plastic piece into the garbage. Screw the cap back on tightly.
5. **NOW put on the mask you were wearing and wash your hands – this is important to stop spreading germs**
6. **You must label all the tube(s) with ALL** the following information (1) your name, (2) age, (3) gender (4) left OR right buccal OR tongue swab (5) date of collection.
7. Take the labelled swabs directly to the lab staff to ensure correct labelling or to seek assistance, or have blood work collected.

