

## COVID-19 Testing - Saliva and Nasal Instructions

## 4 Easy Steps

**Step 1:** Register online by scanning the QR Code or following the link on the bottom of the card.



InnerHealth Laboratory  
Walk-in Sample ID Card  
Must submit card with every sample.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Collection Date: \_\_\_\_\_

[https://hipaa.jotform.com/InnerHealth\\_Laboratory/walk-in-covid-19-testing-form](https://hipaa.jotform.com/InnerHealth_Laboratory/walk-in-covid-19-testing-form)

MUST REGISTER ONLINE ONE TIME  
Scan QR Code



Follow the link. ↑

Scan the QR code. →

**Step 2:** Fill out the registration card AND fill out the small sticker with all information required.



InnerHealth Laboratory  
Walk-in Sample ID Card  
Must submit card with every sample.

Name: Jonathan Doe

Date of Birth: 09/15/1985

Phone Number: 555-555-3212

Collection Date: 09/30/2021

[https://hipaa.jotform.com/InnerHealth\\_Laboratory/walk-in-covid-19-testing-form](https://hipaa.jotform.com/InnerHealth_Laboratory/walk-in-covid-19-testing-form)

MUST REGISTER ONLINE ONE TIME  
Scan QR Code



Name: Jonathan Doe

DOB: 09/15/1985

Collection Date: 09/30/2021

**Step 3:** Collect your sample. Can be saliva OR nasal swab. Put sticker on tube with all required information.



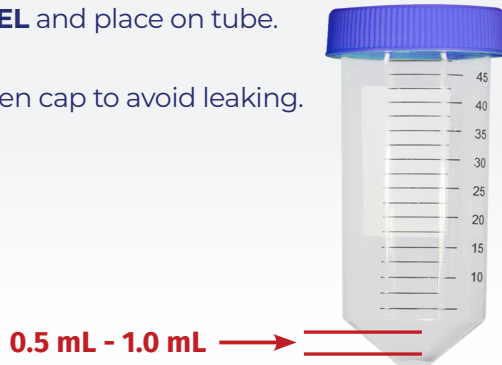
**Step 4:** Place the card, and sample, into the specimen bag. Drop off at school site.



# How to Collect Your Specimen

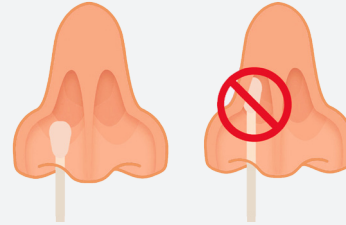
## How to collect Saliva sample.

1. **NO FOOD** 30 mins before collection.
2. **NO LIQUIDS** 10 mins before collection.
3. **DO NOT COUGH UP SPUTUM. SALIVA ONLY.**
4. Fill tube with **SALIVA** to 0.5 mL – 1.0 mL (see picture).
5. Fill out **LABEL** and place on tube.
6. Firmly tighten cap to avoid leaking.



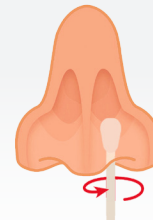
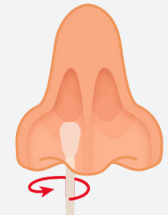
## How to collect Nasal sample.

1. Insert the tip of the cotton swab into one nostril.



Only swab the edge of the nostril. **DO NOT** insert too deep.

2. Rotate the swab in a circle around the entire inside edge of your nostril **AT LEAST THREE TIMES.**



3. Using the same end, take the cotton swab out of your nostril and **REPEAT STEP TWO** in your other nostril.

4. Put swab in tube, **CLOSE CAP FIRMLY** to prevent leaks. Place in bag and drop off at the collection site.



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