

# Test Methods

## (How to collect samples)

### PCR Test

### Saliva sampling



Please do not put anything in your mouth 10 minutes prior to taking the sample, i.e.



No eating, drinking, chewing gum, brushing your teeth, smoking, etc.

- (1) The tester of your test facility gives you a container. Put your saliva into it.
- (2) Return the container to the tester.
- (3) To finish testing, follow the instructions of the tester.

### Qualitative Antigen Test

### Nasopharyngeal Swab Collection



- (1) Insert the cotton swab into the nostril for about 2cm. Do it slowly and gently as if you were wiping its mucosa.
- (2) Then, rotate the swab around 5 times against the nasopharyngeal surface.
- (3) Allow 5 minutes to soak the tip of the swab, and then withdraw it from the nasal cavity. Be very careful not to let it touch anywhere inside the nostril.
- (4) Put the swab into the container you were given by the tester.
- (5) To finish testing, follow the tester's instructions.