

## CoMMinS School Study - How to collect a spit sample

### Please use hand sanitiser before and after sampling

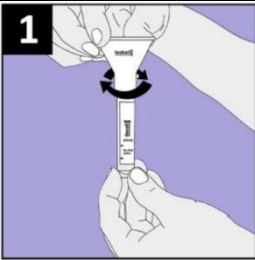

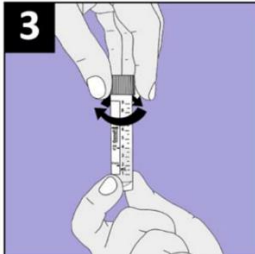
Please read and follow these instructions carefully to make sure the sample is taken correctly at the time and date suggested by the study team, using the kit provided.

#### You will need

1. 1 funnel (to spit into)
2. 1 large tube (for the spit to collect in)
3. A sealable plastic bag (to store collected samples until the study team collects them)

#### Collecting the sample

**NOTE:** You should not drink, eat, chew gum, use mouthwash or brush your teeth in the 30 minutes before taking the sample.

	<p>1. Making sure you don't touch the top of the tube or the inside of the funnel or cap with your fingers, unscrew the cap from the tube. Keep the cap for later. Remove the funnel from the plastic bag and screw (not push) it into the top of the tube gently but firmly.</p>
	<p>2. Spit into the funnel and let the spit run down into the tube <b>up to the fill line</b>.</p> <p>We would like to collect 1-2ml of saliva. To help you make more spit you can rub the inside of your cheek with your tongue, or gently massage the outside of your cheek with your finger. If there are lots of bubbles, please add a bit more spit/saliva. It is important that you produce clear/white spit from your mouth (not coughing up anything more solid from deep in your throat).</p>
	<p>3. Unscrew the funnel. Screw the tube cap firmly back onto the tube without touching the top of the tube or the inside of the cap.</p>

4. Place the tube in the sample bag and hand to the study team member or your school study representative. The study team will collect the samples from your school.

**Please Note:** If you accidentally spill it, the liquid can be cleaned up using paper towels, toilet roll or similar, and the surface washed with soapy water. Do not try to put spilled spit/saliva back into the tube.

If you have any questions or problems, please [ask a member of the study team](#).