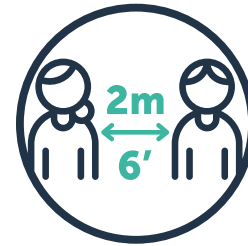


Gargle sample collection

for COVID-19 testing

1

Stand at least 2 metres away from anyone and clean your hands with a hydroalcoholic solution.



2

You will be given 5 millilitres of water in a small disposable measuring cup.



3

Remove your mask and gargle with this water.

5 seconds in the mouth

5 seconds in the throat

Repeat once



4

Spit the contents of your mouth into the cup, taking care not to spill any.



5

Put your mask back on and clean your hands with a hydroalcoholic solution.

