

How-To Video

Scan the code using your phone camera and watch the instructional video.



You can also visit [BCCDC.ca](https://www.bccdc.ca) and search "gargle video".

Please read all the instructions before starting.

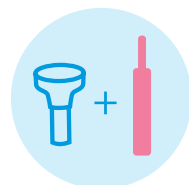
Do not eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test.



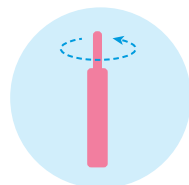
- 1 Wear your face mask.



- 2 Use hand sanitizer or wash hands with soap and water.



- 3 Take the container and pink tube of salty water.



- 4 Twist off top of the pink tube. Take off your mask.



- 5 Squeeze **ALL** the salty water into your mouth. **Do NOT swallow the water.**



- 6 You may be asked by staff to put your mask back on.



Swish
Move the salty water around in your mouth.

- 7 **Swish** for 5 seconds.

Tip your head back and **gargle** for 5 seconds.

Repeat:
Swish for 5 seconds.
Gargle for 5 seconds.



Gargle
Tip your head back. Move the water to the back of the throat, open your mouth and make the "ahhh" sound. Do not swallow the salty water.

Repeat:
Swish for 5 seconds.
Gargle for 5 seconds.

Total time: 30 seconds



- 8 If wearing your mask, take it off. Gently spit the water into the container.



- 9 Put your mask back on.



- 10 Give the container back to the person who gave it to you.



- 11 Use hand sanitizer or wash hands with soap and water.