

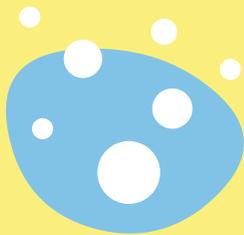
Getting a COVID-19 test?

It's easier than you think.



For **at least one hour** before your test, don't put anything into your mouth.

At your test, you'll receive a tube of **salty water**.



Pour the water into your mouth and **swish** for five seconds.

Gargle for five seconds, then **swish and gargle again** twice.



Gently spit the water back into the container.

Remove the funnel and **secure** the cap. **Hand it back in**, and that's it!



Book your test at:

fraserhealth.ca/covid19test 🔍