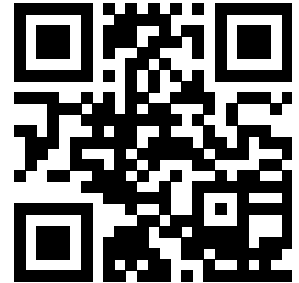


COVID-19 Mouth Rinse / Gargle

How to make normal saline at home to practice the swish/gargle method prior to testing.

Please read all these instructions before starting.

Scan the code to the right on your phone camera to view the instructional video or visit [BCCDC.ca](https://www.bccdc.ca) and search “Gargle video.”



1



Before you begin, if you live in an area with a boil water advisory, ensure you follow instructions on safe water supply here: www.phsa.ca/health-info/staying-healthy/environmental-hazards/air-and-water/#Water-borne--diseases

2



Gather supplies for making normal saline

3



1 cup of water

4



1/2 teaspoon (2.5ml) of household table salt

5



Mix the salt in the water until it dissolves

6



Give 1 teaspoon (5ml) of home normal saline for your child to practice the swish/gargle method prior to testing. Make sure your child does not swallow or talk while practicing

SWISH	GARGLE	SWISH	GARGLE	SWISH	GARGLE
5 seconds	5 seconds	5 seconds	5 seconds	5 seconds	5 seconds

HOW TO GET YOUR TEST RESULTS Search for “BCCDC covid test results” or visit: [bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results](https://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results)



Instructions for a caregiver & young child