How-To Video
Scan the code using your phone camera and watch the instructional video.
You can also visit 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. Put your mask back on.
7. Swish for 5 seconds.
   Tip your head back and gargle for 5 seconds.
   Repeat:
   Swish for 5 seconds.
   Gargle for 5 seconds.
   Repeat:
   Swish for 5 seconds.
   Gargle for 5 seconds.
   Total time: 30 seconds
8. Take off your mask. Gently spit the water into the container.
10. Give the container back to the person who gave it to you.
11. Use hand sanitizer or wash hands with soap and water.

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