

2019 冠狀病毒（COVID-19）核酸檢測樣本採集指引

- 常見的核酸檢測樣本種類分別為深喉唾液樣本、鼻腔咽喉合併拭子樣本及鼻咽拭子樣本。
- 測試者可選擇自行在家採集深喉唾液樣本，或選擇到指定診所由受過相關醫護訓練的人員協助採集鼻腔咽喉合併拭子樣本或鼻咽拭子樣本。

鼻腔咽喉合併拭子樣本採集步驟

採集樣本須知

- 一般需要專業人員操作。
- 先採集鼻腔拭子樣本，然後以另一支拭子採集咽喉拭子樣本。

採集步驟

採集鼻腔拭子樣本：

1. 於無菌包裝中取出鼻腔拭子棒，切勿觸摸拭子棒頭部分。
2. 頭部稍微向後傾以調正鼻道。
3. 將拭子棒以鼻樑平行的方向輕輕伸進鼻孔（成人約 1-2 厘米深）直至感到阻力。將拭子棒輕輕旋轉並停留 10 至 15 秒。取出拭子棒時亦需同時慢慢旋轉。
4. 以同一支拭子棒於另一個鼻孔重覆以上動作採集樣本。
5. 將拭子棒頭浸入樣本收集瓶內的採樣液中，穩握樣本收集瓶，並在凹位折斷拭子棒尾部。

採集咽喉拭子樣本：

1. 取出咽喉拭子棒，切勿觸摸拭子棒頭部分。
2. 頭稍微向後傾，張開口，將拭子棒伸入咽喉後部及扁桃腺位置。
3. 發出「呀」的聲音，將拭子在扁桃腺柱及口咽喉後部位置拭抹數次，避免觸碰到舌頭、牙齒及牙齦。

4. 將拭子棒頭浸入同一樣本收集瓶內的採樣液中，穩握樣本收集瓶，並在凹位折斷拭子棒尾部。
5. 蓋好並扭緊樣本瓶以防止滲漏，並確保樣本瓶上及化驗檢測表格上的個人資料正確。
6. 將樣本瓶放入較小的樣本袋，再把樣本袋口封好。將載有樣本瓶的樣本袋放入較大的樣本收集袋，並密封袋口，再把已填妥的化驗檢測表格放於樣本收集袋的外袋。

樣本存放及運送

- 樣本必須在採樣後 72 小時內儘快送往實驗室。
- 運送的樣本須使用三層包裝方法：1. 一個已扭緊瓶蓋的樣本瓶，2. 兩個可以密封的樣本膠袋，及 3. 最外層使用不易破損並易於清潔的運輸容器，並在運送期間確保容器緊閉密封。
- 於攝氏 2-8 度下運送。

Sample collection guideline for COVID-19 test

- Deep throat saliva (DTS), combined nasal and throat swab (CNTS), and nasopharyngeal swab (NPS) are the common types of samples used in the COVID-19 test.
- The client can collect DTS samples at home and/or collect CNTS samples or NPS samples with the assistance of personnel who have received relevant medical training.

Combined nasal and throat swab (CNTS) collection steps

Points to note for specimen collection

- It generally needs to be operated by professionals.
- First collect nasal swab samples, and then collect throat swab samples with another swab.

Specimen collection steps

Collect nasal swab samples:

1. Take the nasal swab from the sterile packet. Do not touch the swab tip.
2. Tilt the head back slightly to straighten the nasal passage.
3. Gently insert the swab 1 to 2 cm inside the nostril parallel with the nose bridge, or until resistance is felt. Gently rotate the swab and leaving in place for 10 to 15 seconds. Slowly rotate as the swab is withdrawn.
4. Repeat collect the sample from the other nostril with the same swab.
5. Break the swab stalk at the indentation mark and put the swab tip into the bottle with prefilled transport medium.

Collect throat swab samples:

1. Take the throat wrap from the sterile packet. Do not touch the swab tip.
2. Tilt the head back slightly, open the mouth and insert the swab into the posterior pharynx and tonsillar areas.
3. Say "Ah", then rub the swab over both tonsillar pillars and posterior oropharynx for few times. Avoid touching the tongue, teeth, and gums.
4. Break the swab stalk at the indentation mark and put the swab tip into the bottle with prefilled transport medium.
5. Close the lid of the specimen bottle tightly to ensure no leakage of saliva. Check the correctness of personal details on the bottle and laboratory form.
6. Put the specimen bottle into the smaller bag, then seal the bag carefully. Put the small specimen bag with the specimen bottle into the larger specimen carrier bag and seal up carefully.

Specimen storage and transportation

- Specimens must be transported to the laboratory within 72 hours, as soon as possible.
- A triple package is required for specimen transport: 1. a tightly screwed specimen bottle without leakage, 2. two clean sealable plastic specimen bags, 3. An outer transport box that is robust and easy to clean, with lid/cover closed properly and securely during transport.
- Transport between 2°C and 8°C.