

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。

深喉唾液樣本採集步驟

採集樣本須知

- 採集樣本前請以梘液或酒精搓手液清潔雙手。
- 採集樣本前 2 小時內不可進食、飲水、漱口和刷牙。
- 請在空氣流通的地方採集深喉樣本，並與他人保持 2 米以上的距離。
- 採集樣本後請把已用物品妥善包紮及放入垃圾袋內，並棄置於有蓋垃圾桶內。
- 採集樣本後請徹底清潔雙手。
- 如測試者未能遵從深喉唾液樣本收集步驟，或須考慮採集其他樣本。

採集步驟

1. 檢查樣本瓶上及化驗檢測表格上的測試者標籤識別符是否正確。
2. 打開樣本瓶。
3. 於喉嚨發出「Kruuuu」的聲音以清出來自咽喉的唾液，重複至少 3 至 5 次以獲取足夠的深喉唾液。
4. 將唾液吐入樣本瓶內，並重覆步驟直至樣本份量達到樣本瓶上刻度。
5. 蓋好並扭緊樣本瓶以防止滲漏，並用紙巾抹乾淨瓶身。
6. 將樣本瓶放入較小的樣本袋，再把樣本袋口封好，確保樣本瓶垂直及樣本袋上沒有任何滲漏。
7. 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。請儘量保持瓶身直立。
8. 徹底以梘液和水清潔雙手。

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，運送途中保持樣本瓶直立。

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.

Deep throat saliva (DTS) collection steps

Points to note for specimen collection

- Clean your hands thoroughly with soap or alcohol-based handrub before DTS collection.
- Do not eat, drink, brush your teeth or gargle within 2 hours before DTS collection.
- Please collect DTS in a well-ventilated space and maintain at least a 2-metre distance from others.
- After DTS collection, seal all the used items into a garbage bag and dispose of them properly in a covered rubbish bin.
- Clean your hands thoroughly after DTS collection.
- If clients cannot follow the steps below, consider alternative specimen collection methods.

Specimen collection steps

1. Check the correctness of patient identifier(s) on the bottle and laboratory form.
2. Open the specimen bottle.
3. Make the noise of “Kruuua” in the throat to clear saliva from the deep throat. Repeat at least 3 to 5 times to get enough deep-throat saliva.
4. Spit saliva into the bottle. Repeat the steps until the sample volume reaches the scale on the specimen bottle.
5. Close the lid of the specimen bottle tightly to ensure no leakage of saliva. Clean the surface of the specimen bottle with tissue paper.
6. Put the specimen bottle into the smaller bag, then seal the bag carefully. Ensure the bottle is upright and without leakage.
7. Put the small specimen bag with the specimen bottle into the larger specimen carrier bag and seal up carefully. Keep the bottle upright as far as possible.
8. Clean your hands thoroughly with soap and water afterwards.

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 and keep the specimen bottle upright during transportation.