

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。

鼻咽拭子樣本

採集樣本須知

- 需要專業人員操作。
- 不適用於 6 歲以下的小朋友。

採集步驟

1. 使用握桿有彈性的微型拭子。
2. 經鼻孔伸入以跟上顎平行（非向上）的方向伸入鼻咽，直至感到阻力，或距離等於鼻孔到外耳道口，代表已到達鼻咽位置。
3. 應將拭子伸至深度等於鼻孔到外耳道口的距離，然後輕輕拭抹及旋轉。
4. 將拭子停留數秒以吸收分泌物。
5. 將拭子退出時亦同時慢慢旋轉。
6. 可使用同一拭子經兩邊鼻孔採集樣本，但當完成一邊後微型拭子已吸收足夠的分泌物時，便無需在另一邊進行採集。
7. 如其中一邊鼻孔因鼻中隔彎曲或鼻塞導致難以採集樣本，可使用同一拭子於另一邊鼻孔進行採集。

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.

Nasopharyngeal swab (NPS) collection steps

Points to note for specimen collection

- Professional operation is required.
- Not applicable to children under 6 years old.

Specimen collection steps

1. Use a mini-tip swab with a flexible shaft.
2. Insert the swab through the nostril parallel to the palate (not upwards) until resistance is encountered or the distance is equivalent to that from the ear to the nostril of the patient, including contact with the nasopharynx.
3. The swab should reach a depth equal to the distance from the nostrils to the outer opening of the ear. Gently rub and roll the swab.
4. Leave the swab in place for several seconds to absorb secretions.
5. Slowly remove the swab while rotating it.
6. Specimens can be collected from both sides using the same swab, but it is not necessary to collect specimens from both sides if the mini-tip is saturated with fluid from the first collection.
7. If a deviated septum or blockage creates difficulty in obtaining the specimen from one nostril, use the same swab to obtain the specimen from another nostril.

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.