

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、咽喉拭子樣本、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深喉拭子樣本、鼻腔咽喉合併拭子樣本或鼻咽拭子樣本。

咽喉拭子樣本

採集樣本須知

- 需要專業人員操作。

採集步驟

1. 從無菌包裝中取出拭子時應只拿著握桿。不得觸摸拭子頭。
2. 測試者必須將頭部稍微向後傾及張大嘴部以顯露兩邊的扁桃腺柱。
3. 將拭子伸入咽喉後部及扁桃腺位置，並避免觸碰到舌頭、懸雍垂、牙齒、牙齦及嘴唇。
4. 輕力將拭子在扁桃腺柱及口咽喉後部各拭抹最少 3 次。
5. 將拭子頭插進有運送液的樣本瓶內，適當地蓋好瓶蓋，儘快送往化驗。

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), throat swab (TS), 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; collect TS samples, CNTS samples or NPS samples with the assistance of personnel who have received relevant medical training.

Throat Swab (TS) collection steps

Points to note for specimen collection

- Professional operation is required.

Specimen collection steps

1. When taking out the swab from the sterile package, only hold the swab by the handle. Do not touch the swab tip.
2. Ask the client to tilt the head back slightly and open mouth widely so as to expose the tonsillar pillars on both sides.
3. Insert swab into the posterior pharynx and tonsillar areas and avoid touching the tongue, uvula, teeth, gums and lips.
4. Rub swab with small amount of force over both tonsillar pillars at least 3 times and posterior oropharynx at least 3 times.
5. Insert the swab tip into specimen bottle with transport medium. Close the lid properly. Send for testing as soon as possible.

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.