

# Athletic COVID-19 Testing

LivingFit Nation (LFN) Corporate Wellness has partnered with Irvine Unified School District to offer weekly Saliva PCR COVID-19 testing for student athletes. Testing starts Monday, March 1, 2021 and will continue every Monday until further notice.

## Monday Testing Schedule

Water Polo Athletes - 10:00 AM

[Water Polo – Registration Link](#)

Football Athletes - 11:00 AM

[Football – Registration Link](#)



Water Polo - QR Code



Football - QR Code

**Woodbridge High School**  
**2 Meadowbrook, Irvine**



## **Please follow the below steps to schedule your COVID-19 test:**

1. Use the Registration Link or QR Code to access registration for the **WOODBRIDGE HIGH SCHOOL** event.
2. Complete the COVID-19 questionnaire including all consent forms for each student that will be tested.
3. Have your student bring a copy of their **insurance card and school ID** with them to the event.
4. OneHealth Telemedicine will create an account on their online portal for parent/guardian and student. Parent/Guardian will receive an email from [testing@onehealthtelemedicine.com](mailto:testing@onehealthtelemedicine.com) with details on how to access a PDF copy of your students results.

## Additional Information

- Face coverings are required at this on-site event
- Bring your photo ID and each patient's **medical insurance card** to the event
- Expect to receive your results 2 days after testing. Results come in as late as 11:00 PM by text message
- \$0 cost sharing for PCR COVID-19 testing including all copays and deductibles

## Telehealth Contact Information

If you need assistance with registration or have not received results within 2 days of testing, please email:

OneHealth Telemedicine  
[testing@onehealthtelemedicine.com](mailto:testing@onehealthtelemedicine.com)

# Saliva PCR Collection Instructions



## PLEASE FOLLOW INSTRUCTIONS CAREFULLY:

1. Rinse your mouth with water 30 minutes before collecting your sample

**i. DO NOT EAT, DRINK, CHEW GUM, OR USE TOBACCO WITHIN 30 MINUTES OF COLLECTING YOUR SAMPLE**

## COLLECTION:

1. Remove the lid from the plastic tube and set aside on a clean surface.

2. Let saliva start to pool in your mouth.

**i. IF HAVING TROUBLE FORMING SALIVA, YOU CAN RUB YOUR CHEEKS OR THINK OF YOUR FAVORITE FOOD**

3. Hold the plastic tube to your mouth and start filling with saliva.

4. Saliva should come up to the line marked with the number **5** or higher

**i. AVOID FILLING THE CUP WITH SPIT BUBBLES**

5. Place the lid **TIGHTLY** back on the tube

## PACKAGING:

1. Remove the back from the strip of parafilm

2. Stretch the parafilm and wrap it several times around the area where it would leak if the cap become loose.

**i. WRAP IT IN THE SAME DIRECTION THAT THE CAP SCREWS ONTO THE TUBE**

3. Make sure the label on your plastic tube has your full name and the date of birth is correct. Write the date and time you collected the sample on the label.

4. Place the tube into the plastic specimen bag and seal