

SHORT DIRECTIONS FOR TAKING THE GARGLING SAMPLE

Please read these short directions carefully and use the explanatory video to see how to take the gargling sample. You will see the video when registering the test kits at www.coronatest-hd.de/en/consent



1. Take the sample before a meal and make sure you have not have eaten anything for at least 30 minutes beforehand. The ideal time is straight after getting up in the morning, before cleaning your teeth or having breakfast.

2. Wash your hands thoroughly with soap.

3. Lay out the three utensils: the tube for the sample, black straw, bottle with saline solution. In addition, have a sharp pair of scissors to hand.



4. Open the saline solution and pour it into your mouth. Gargle for at least 30 seconds. Then rinse the solution around your mouth several times. Carefully let the solution flow back into the bottle through the straw.

5. Bring up the liquid remaining in your throat with several strong pulls; collect all the remaining liquid in your mouth and spit it through the straw into the bottle. After that, cough vigorously, wrinkle your nose several times and spit this secretion into the bottle. Collect as much saliva as possible in your mouth and spit this too into the bottle.



6. Close the bottle tightly and shake it very hard for a total of 30 seconds. The solution in the bottle should now be very cloudy. If it is clear, spit vigorously into it once again.

7. Wash your hands thoroughly with soap.

8. Now cut the tip of the bottle open with the scissors and pour the solution carefully into the small sample tube until it is almost full, but not quite. Carefully close the tube tight.



9. Throw away the bottle and straw. Wash the tube and your hands under the tap and keep it in the plastic bag until you deposit it in the collection box.

10. On the enclosed slip of paper, note your name and the date of the sampling; it is advisable to take a photo of it with your smartphone. Don't lose the slip of paper, as you will need it to access the results.



ZENTRUM FÜR
MOLEKULARE BIOLOGIE

The new Covid-19 test procedure has been developed at the Center for Molecular Biology of Heidelberg University (ZMBH) under the leadership of Prof. Dr Michael Knop and Dr Simon Anders, in collaboration with the Center for Integrative Infectious Diseases Research (CIID) of the Heidelberg University Hospital and its area of virological diagnostics.¹ It is based on a gargle sample with a common salt solution. The first results indicate that the sensitivity of the Heidelberg test procedure roughly corresponds to the standard PCR tests currently being used for diagnostics and that it is far more sensitive than commercial antigen tests.² Individuals can frequently be identified as early as two or three days after being infected, before they really become infectious. In addition, the virus can be detected long after the infection. This makes the test particularly suited to uncovering infection chains and stopping the spread of the virus. The test was developed during the first wave of the pandemic (and was published in peer-reviewed journals).

The coronavirus test is an experimental test that has been approved only for research purposes (the ethics commission has submitted its opinion). The test laboratory is not accredited or approved for clinical diagnostics. A false positive or negative result is therefore possible. The test station cooperates with the Diagnostics Laboratory of the University Hospital and the health authority of the Rhine-Neckar District.

Team leaders

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In urgent cases:
Tel. +49 1525 7908378

¹ The test has no CE label yet and cannot be purchased in the EU at present.

² The test has a limit of detection (LoD) between CT from 33 to 35.



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SEIT 1386

CORONAVIRUS TEST

FOR STAFF MEMBERS
OF INSTITUTES, CENTRES AND FACILITIES

CORONAVIRUS TEST INFORMATION ABOUT PARTICIPATION

Dear colleagues and directors of university institutes and facilities,

In consultation with the Center for Molecular Biology of Heidelberg University (ZMBH) the university leadership wishes to offer staff in the institutes, centres, central facilities and the administration the opportunity to be tested for the coronavirus SARS-CoV-2 with this new method.

The test makes it possible to detect infections before symptoms appear. Participation in the test is voluntary. Taking part or not will in no way impact on an existing employment contract.

In addition to observing the hygiene rules and social distancing, participants can avail themselves of a coronavirus gargling test that was developed at the ZMBH. It aims to support the measures already taken to combat the spread of the virus, in order to interrupt infection chains early on. The directors of the respective institute or facility can order test kits for that purpose. The tests will then be evaluated for SARS-CoV-2 viruses at the test station set up by the ZMBH with the virology division in its area of virological diagnostics.

The samples can be analysed within approx. eight hours with the aid of a robotics platform and isothermal nucleic acid evidence. In order to participate in this test, you need to register with the test station, which will make available the appropriate number of test kits. Staff members wishing to be tested must register their kit online (www.uni-heidelberg.de/en/coronavirustest), thereby indicating their consent to participating in the study, which is pseudonymised. Contact details will be encrypted so that the test is anonymous. Participants can carry out the test to obtain the gargling sample at home, preferably straight after getting up in the morning and before breakfast or cleaning their teeth. The samples will be collected and taken to the test station for evaluation. The results will be available that same evening or during the next day and can be accessed online by means of an individual number (the pseudonym). Positive test results will be reported to the public health authority, which will decrypt the contact details for contact tracing.

The capacity of the test station is limited (approx. 1000 tests per day) and is allocated according to a priority list, with on-campus classes and student examinations taking precedence. The test station reserves the right to determine the priorities depending on the course of the pandemic, in consultation with the university leadership.

By decision of the Rectorate, the cost of the coronavirus test for employees in the institutes, centres, central facilities and administration will be covered from the central budget.

WHAT IS THE PROCEDURE FOR INSTITUTES, CENTRES AND FACILITIES TO PARTICIPATE IN THE CORONAVIRUS TEST?

Who, how and how often tests take place is up to the institutes and facilities, as is the way they distribute the kits internally.

STEP ONE – registering the participating institute / facility

Please register the participation of your institute / facility and the staff person responsible at:

■ coronatest@uni-heidelberg.de or on tel. +49 1525 7908378

STEP TWO – procuring the test kit by the institute / facility

Test kits cannot be made available individually – the participation of the facility, institute or department is essential. An institute has to register so that its members can be tested. Then it will calculate the approximate requirement of test kits per week. The test kits must be picked up by an especially designated, registered person. Test kits are handed out in bags of 50 **at INF 324, 4th floor, room 409, Monday to Friday, between 9 and 11am.**

STEP THREE – distributing the tests and individual implementation

The test kits will be handed out to staff members within a facility, who then take them home and carry out the test to obtain the sample themselves. The staff members have to register their test kit at

■ www.coronatest-hd.de/en/consent

with the enclosed access code, which needs to be kept in order to access the result online.

STEP FOUR – taking the gargling sample

Please observe the short directions for the gargling sample on the fold-in page of the flyer as well as the video:

■ <https://vimeo.com/503040943/23fe603d6a>

STEP FIVE – returning the sample tube for analysis

The staff members can return the tubes as follows:

1. Bring them to work and deposit them in a central collection box in the institute or facility. The registered person will take the collected sample tubes in their collection boxes back to the test station at INF 324, 4th floor, Monday to Friday, before 10.30am.
2. Alternatively, the staff members can themselves deposit their sample tubes at two collection points (sample letter boxes), emptied several times a day from Monday to Friday:
 - Old Town: entrance area of the University Library, Plöck 107–109
 - Im Neuenheimer Feld: entrance area of the Theoretikum, INF 305 (near the Unishop)

The test samples submitted will be analysed on three days a week: Monday, Wednesday and Friday. Samples delivered on Tuesday will be analysed on Wednesday and those delivered on Thursday will be analysed on Friday. The test results will be available about eight hours after the sample has reached the test laboratory. If the samples are submitted on the morning of one of the three days set aside for analysis by 10am the results can be accessed the same day.

STEP SIX – accessing the results

The test result will be accessible via an access code enclosed in the test at

■ www.coronatest-hd.de/en/results

STEP SEVEN – contact tracing

Positive tests will be validated by a certified PCR test and reported to the public health authority, according to the statutory requirement to notify it, so that it can begin tracing contacts. To support the health authority it is recommended that persons who have tested positive turn to the university's central team for COVID-19 reporting. There they will receive confidential advice and support:

■ meldung.corona@uni-heidelberg.de