



**Cultural Linguistic Services**  
OFFICE OF HUMAN RESOURCES  
UNIVERSITY OF WISCONSIN-MADISON

# English Learning Newsletter

## Wednesday, January 20, 2021

### New COVID-19 saliva testing words:

- MORE than 1 hour before testing
  - be **well-hydrated** (drink water)
  - **rinse** (clean) your mouth with water
- 1 hour before testing DO NOT
  - Eat anything
  - Drink anything, not even water
  - Brush or floss your teeth
  - Use mouthwash
  - Chew gum
  - Smoke
- If you do not follow these rules, your test may be **invalid** or **rejected** (not good).

Here are more tips for a successful saliva test:

<https://news.wisc.edu/tips-for-avoiding-a-rejected-covid-19-saliva-test/>

### For Fun:

Watch and learn about Wisconsin's bald eagles here:

<https://ferrybluffeaglecouncil.org/>



### Phrases for conversation:

Use these phrases to ask about the **Safer Badgers app** for smart phones:

- How do I get the app?
- How do I use the app?
- Where is the **QR code** (appointment code)?
- Where is the **badge** (circle with green or red)?
- When do I show the badge?
- Who needs to see my badge?
- What happens if my badge is red?

Here is a video about the app:

<https://vimeo.com/500603025/3544d39a83>

### Learn more:

Public Health Madison & Dane County has a new **dashboard** (information page) about COVID-19 in our area:

<https://publichealthmdc.com/coronavirus/dashboard>

### Read national and world news here:

**News For You Online**

<https://www.newreaderspress.com/news-for-you-online>

**Password: B1AAB8**

