

# New COVID-19 saliva testing words:

- Your saliva should not have many spit bubbles. It should have **drool** (clear liquid from your mouth).
- Your saliva must be clear and not **discolored** (a different color).
- Your saliva must **be free of** (not have) food and **mucus** (phlegm, thick fluid).
- Your saliva must not have **residues** (small particles) from brushing your teeth, chewing gum, or smoking.
- You can make saliva by sliding the tip of your tongue along the back of your **gums** (pink area above or below your teeth).
- You can pool your drool (make saliva in your mouth) under your tongue while you walk or drive to your test site.

See saliva test photos here:

https://news.wisc.edu/the-covid-19-saliva-teststep-by-step/

## For Fun:

The Chazen Museum of Art has new hours:

- Tuesdays and Wednesdays, 12-5 pm
- Thursdays and Fridays, 12-7 pm

It is free, but you need a ticket:

https://www.eventbrite.com/e/chazen-museumof-art-general-admission-tickets-110158085800

Here is the museum's main website:

https://chazen.wisc.edu/

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## Phrases for conversation:

Use these phrases to talk about the saliva test:

- This test feels a little **awkward** (uncomfortable).
- I'm getting used to it (feeling more comfortable).
- I'd like some **tips** (good ideas) for doing a good saliva test.
- I need to test weekly (every week).

Watch a 1-minute video about the saliva test:

https://www.youtube.com/watch?v=aB-NsEyB0iw

#### Learn more:

Want to learn how to Nordic ski? Register here:

https://union.wisc.edu/events-andactivities/event-calendar/event/winterwonderland-nordic-skiing-101/



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