



A VOICE FOR CHOICE
ADVOCACY

SARS-COV-2 OPTIMAL TESTING REQUIREMENTS

Societal mandates for COVID-19 testing have become the norm as a condition of employment, being allowed on schools and college campuses, entry to certain buildings, events, etc. If you are being required to be tested for SARS-COV-2 on a regular basis, you should understand the test options available and request a test that is as non-invasive and as accurate as possible.

A Voice for Choice Advocacy has researched the SARS-COV-2 tests that are available, and while none are ideal, if you are required to be tested, our recommendations are as follows:

- **Tests which require saliva** over nasopharyngeal (NP) swabs, oropharyngeal (OP) swabs, anterior nasal swabs, mid-turbinate nasal swabs, nasopharyngeal wash/aspirates, nasal wash/aspirate specimens and/or bronchoalveolar lavage.
- **Sequencing tests** over PCR tests, which are newer to the market, but they are much more accurate.
- **PCR tests with Cycle thresholds (Ct) under 35**, preferably under 30. Above 35 the rates of false positive are extremely high
- **Labs that do not share test information**, including but not limited to saliva/swap samples, DNA and/or other genetic information with any third party.
- **Ability to immediately retest** if the PCR test comes back positive and the employee is asymptomatic, to rule out a false positive.

The following page includes a template for you to give those requiring you to test, to make these requests known.

For further information regarding SARS-COV-2 tests please see www.avoicforchoiceadvocacy.org/COVID19-testing.

Sincerely,

Christina Hildebrand,

President, A Voice for Choice Advocacy, Inc.

christina@avoicforchoice.org

Giving issues a voice, A Voice for Choice Advocacy advocates for people's rights to be fully informed about the composition, quality, and short- and long-term health effects of all products that go into people's bodies, such as food, water, air, pharmaceuticals and cosmetics.

REQUEST FOR SARS-COV-2 OPTIMAL TESTING

Given the requirement for me to test for SARS-COV-2 on an ongoing basis, I will agree to test if the following standards are adhered to in an effort to ensure that the COVID-19 testing is the least invasive and the most accurate. These standards include:

- **A testing option which requires saliva¹** rather than solely options of nasopharyngeal (NP) swabs, oropharyngeal (OP) swabs, anterior nasal swabs, mid-turbinate nasal swabs, nasopharyngeal wash/aspirates, nasal wash/aspirate specimens and/or bronchoalveolar lavage. Saliva testing has been shown to be as accurate as these other options and is significantly less invasive.²
- **PCR tests with Cycle thresholds (Ct) under 35.** Preferably the cycle threshold should be between a cycle threshold of 25-30. Cycle thresholds 35 and above have an extremely high false positive rate. Please note, many labs allow you to designate the cycle threshold you want to test at.
- **Utilize labs that do not share test information with any third party,** including but not limited to saliva/swab samples, DNA and/or other genetic information.
- **My ability to immediately retest** if the PCR test comes back positive and I am asymptomatic in order to rule out a false positive.

There are many, other than myself, who would prefer a saliva testing option due to medical issues, disability and/or religious practices, so ask that you make saliva COVID-19 testing available either as the primary method of testing or as an alternative method of testing.

Sincerely,

Signed: _____

Printed Name: _____

Date: _____

¹ <https://www.salivadirect.org/authorized-labs#CA>

<https://www.arborvita.com/>

<http://www.alcalalabs.com/>

<https://www.mirimus.com/>

www.AmbryGen.com

<https://compmed.ucla.edu/content/ucla-swabseq-covid-19-diagnostic-test>

² <https://www.webmd.com/lung/news/20201211/saliva-equals-nasal-swab-for-covid-test-accuracy#1>