How to test yourself with an at-home COVID-19 Rapid Antigen Screening Test

THIS TEST IS FOR YOUR OWN USE ONLY:

- Make sure your kit has all the materials needed and that none of the materials are expired or damaged.
- Store the kit and its content at room temperature (not in the fridge or freezer) and away from direct sunlight.
- Find a clean area free of foods, drinks, or clutter, and easy to clean in the event of a spill.
- During the test, do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face in any way.

1 Blow your nose and then wash your hands for at least 20 seconds.
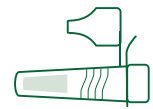
2 Assemble the materials in your kit. They include:

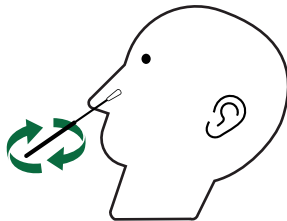One Test Strip   One Sterile Nasal Swab   Tube with reagent fluid*

***Note:** The liquid (reagent) in the tubes can irritate your eyes and skin. The liquid is toxic if swallowed. If the liquid accidentally touches your skin, wash it with plenty of water. If it touches your eyes or mouth, rinse with plenty of water for 15 minutes and contact your health care provider.

3 Swab both nostrils.

- Remove the swab from its package, keeping the swab tip away from your hands or any other surfaces.
- Tilt your head back and insert the swab straight back (not up) into one nostril. Stop when you meet resistance or when you reach 2.5 cm (distance is shorter in children <12).
- Turn the swab against the inside of your nose 5-10 times.
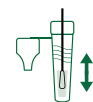- Remove the swab and repeat same steps in the other nostril.
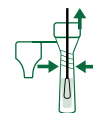
4 Prepare the sample.

While making sure that the swab tip never touches any surface or your hands, remove cap from the tube and insert the nasal swab.

Swirl the swab in the liquid for 15 seconds, pressing it against the sides of the tube.

Use one hand to pinch the tube and pull up the swab with the other hand, bringing the swab through the pinched tube.
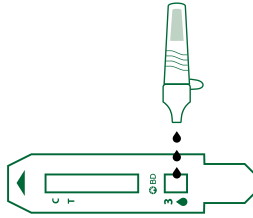
Throw the swab in the garbage.

Firmly close the tube with the dispensing cap (attached to the tube).

UNIVERSITY OF SASKATCHEWAN

5 Perform the test.

- Remove test strip from its package and place it face up on a clean and flat surface.
- Turn the tube upside down over the square sample well on the test strip and gently squeeze the tube to put 3 drops into the sample well (DO NOT put drops in the result window).

6 Wait 15 minutes before reading your results.

Your result may not be correct if read in less than 15 minutes or more than 20 minutes after putting the drops into the sample well.

7 Read your results. It does not matter which line appeared first or how faint the lines look.

C   T

If only the control line (C) is present, the result is **negative**.

C   T

If both control line (C) and test line (T) are present, the result is **positive.**

C   T

If the control line (C) is not present, result is **not valid** (i.e., the test is not working).

C   T

8 Act on your result quickly.

If your result is negative, it is less likely that you have COVID-19. You may resume your daily activities while continuing to follow all public health advice.

If your result is **positive, notify your supervisor and do not come to work.** You may have COVID-19 and should get a laboratory test at an assessment centre or community lab as soon as possible to confirm your result. Immediately self-isolate until you receive your laboratory test result.

If your test is not valid, repeat the test using a new swab and test device. You will need to swab your nose again according to the instructions.

9 Dispose of test materials in the garbage and wash your hands.