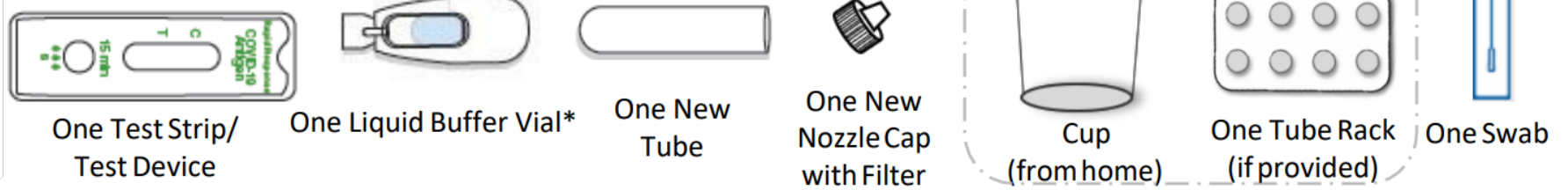


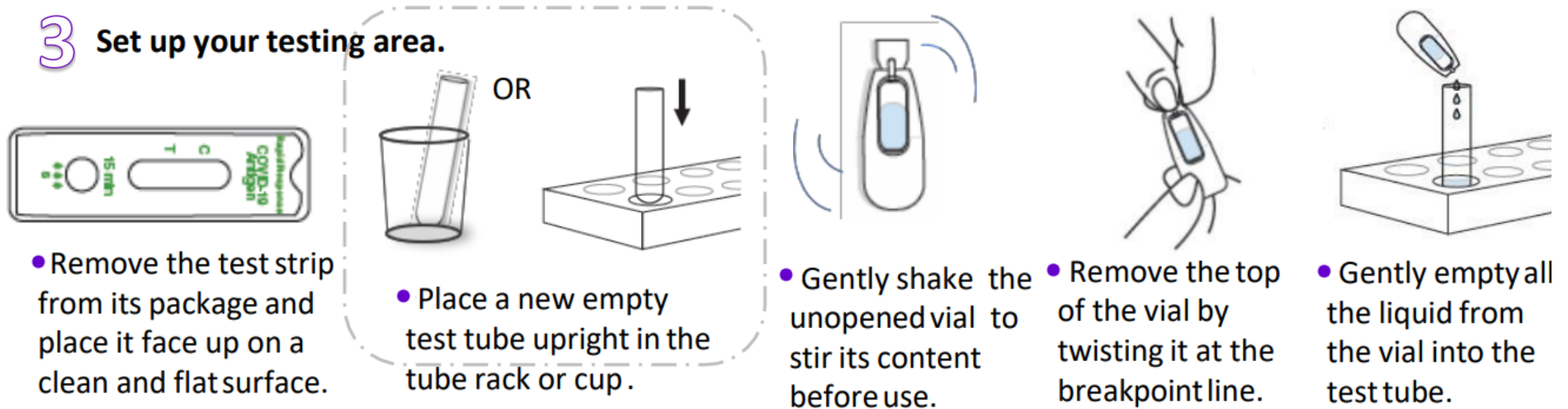
# How to Self-Test using COVID-19 ANTIGEN Rapid Test Device

## 1 Blow your nose and sanitize your hands.

## 2 Assemble the materials in the kit for your test. This includes:



## 3 Set up your testing area.

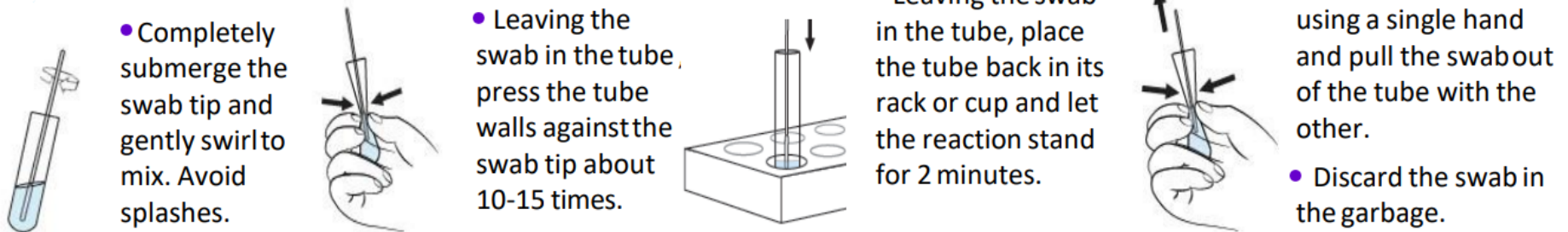


## 4 Swab both nostrils.

- 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 years old).
- Turn the swab against the inside of your nose 5-10 times.
- Remove the swab and repeat same steps in the other nostril.

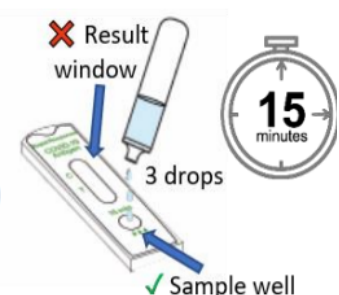
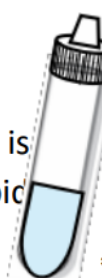


## 5 Mix the sample with the liquid in the tube.



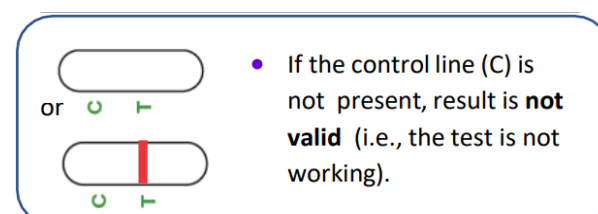
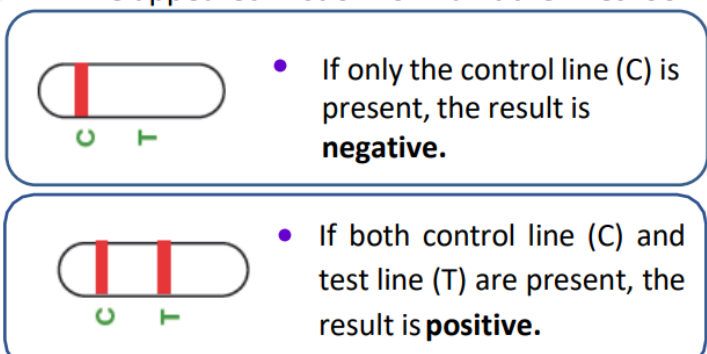
## 6 Perform the test and wait 15 minutes before reading your results.

- Firmly attach nozzle cap to the test tube. Make sure the nozzle cap is attached correctly to avoid leakage.
- Turn the tube upside down over the circle 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)
- Set a timer for 15 minutes.\*



\*Do NOT read results before 15 minutes or after 20 minutes as it may give inaccurate results.

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



**If you test positive please DO NOT ENTER THE BUILDING at this time. Go home and follow Thunder Bay District Health Unit guidelines.**