

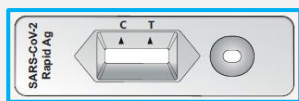
How to test yourself with SD Biosensor COVID-19 Rapid Antigen Screening Test At Home

This handout explains how to use the SD Biosensor COVID-19 antigen test kit on yourself. Before you start:

- RATs can be used for both symptomatic and asymptomatic individuals, if available. RAT results DO NOT require a confirmatory PCR test in a non-high risk setting.
- 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 2-30°C (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.
- This test is for your own use only, unless you are a parent/guardian whose child is being tested.

1 Blow your nose then wash your hands for at least 20 seconds.

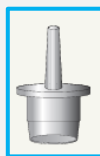
2 Check your test kit. Make sure you have all your screening materials.



One Test Device



Sealed tubes with liquid



Nozzle cap



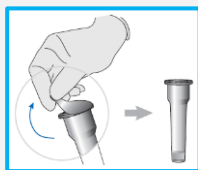
Sterile Swabs



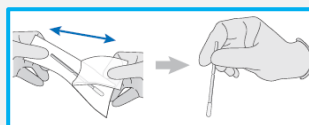
Cup (from home)

3 Set up your testing area.

- Remove the test device from the foil pouch and place it face up on a clean and flat surface.
- Remove the sealed tube and nozzle cap from the foil pouch.

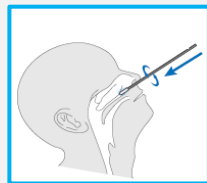
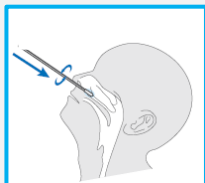


- Gently tap the bottom of the tube on a solid surface to ensure the liquid is at the bottom of the tube.
- Open the seal of the tube without spilling the liquid. Place the tube upright in the cup.



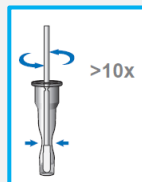
- Remove the swab from the package. Only touch the swab handle and not the soft tip.

4 Swab both nostrils and prepare nasal sample.

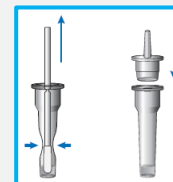


- Tilt head back. Insert swab straight back into the left nostril (~2 cm) (distance is shorter in children <12 years old) until you meet resistance. Rotate swab 5-10x.

- Remove the swab and repeat the previous step in the right nostril.



- Insert swab tip into the tube liquid.
- Pinch the outside of the tube while twisting the swab inside the tube 10 times to transfer ("wring out") the biological material into the liquid.



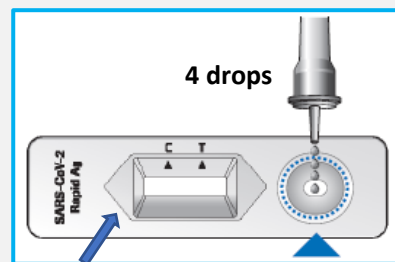
- Remove the swab while pinching the sides of the tube to release additional liquid from the soft tip
- Dispose the swab. Press the nozzle cap tightly onto the tube until it is sealed.

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5 Perform the test.

- Hold the tube upside down over top of the circular well marked in the picture on the right (NOT over the rectangular result window).
- Gently squeeze the sides of the tube to put 4 drops into the sample well.

Note: You can continue with the test even if you accidentally put 5 drops onto the test device.



✗ Result window ✓ Sample well

6 Wait at least 15 minutes before reading your results.

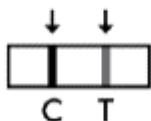
Warning: Your result may not be correct if read in less than 15 minutes or more than 30 minutes after putting the drops into the sample well.



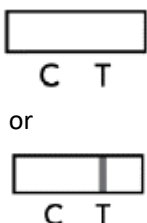
7 Read your results. It does not matter which line appeared first or how faint the lines look.



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



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



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

8 Act on your result quickly.

If your result is negative:

- Follow the [Ministry of Health public health guidance](#) that applies to your situation, regardless of your negative RAT result.

If your result is positive:

- Regardless of whether you have symptoms or not, it is very likely that you have COVID-19 and you should immediately self-isolate and warn your close contacts (those with whom you were closer than 2 meters for at least 15 minutes or for multiple short periods of time without masking or other protective equipment). Your close contacts should follow the [public health guidance](#).

If your test is invalid:

- 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.

Additional Resources

- [COVID-19 Self-Assessment Tool](#)
- [Self-tests: COVID-19 test and testing location information](#)
- [Testing Yourself for COVID-19](#)

***Note:** The liquid (reagent) in the tubes can irritate (bother) your eyes and skin. The liquid is toxic (dangerous) 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. Immediately contact your health care provider or the Ontario Poison Centre (1-800-268-9017) for assistance.