QuickVue at-home rapid COVID-19 test

NOTE: It is important to follow the instructions carefully for accurate results.

TESTING KIT CONTAINS:
1. Nose swab
2. Test strip
3. Tube with small amount of liquid
4. Tube holder (If your test does not come with a tube holder, please find a suitable container to prevent the tube from spilling, e.g. an egg cup)

YOU WILL NEED:
• Hand sanitizer • Paper towel • Timer or clock

BEFORE YOU START:
• Clean your hands.
• Open the contents of your testing kit.
• Remove cap from one pre-filled tube and place back in the tube holder.
• Peel open the wrapper from the nasal swab.

DO NOT TOUCH THE SWAB HEAD OR REMOVE THE NASAL SWAB UNTIL READY FOR SAMPLE COLLECTION.

For better accuracy of the test, we recommend swabbing the throat, cheeks AND nostrils using the same swab. If you are unable to follow these instructions, only swab your nostril (throat or cheek swabs alone will not give accurate results).

NOTE: It is important to follow the instructions carefully for accurate results.

OPENING THE CONTENTS OF YOUR KIT

1. Open your mouth. Without touching your teeth, rub the swab between your cheeks and lower gums on one side and then the other (at least 5 times on each side). Then, tilt your head back and use the same swab to rub the back of your throat 5 times back and forth (this may cause some people to gag; this is not harmful).

2. Using the same swab, gently put the swab into your nostril about 2cm (for small children, just put the swab into the nostril). Rub the swab around the inside wall of each nostril at least 5 times. Take approximately 15 seconds to collect the sample. This is done with the same swab.

3. Immediately place the swab into the open pre-filled tube. Be sure the swab is touching the bottom of the tube. Stir swab 3 or 4 times.

4. After stirring, leave the swab in the tube for at least one minute. Use a timer or watch.

NOTE: This step is very important, do not remove the swab prior to one minute.

5. After one minute, carefully remove the swab from the tube. As you remove the swab, rub the swab head against the wall of the tube to squeeze out as much liquid as possible. Do not touch the swab head. Immediately discard the swab into the garbage.

6. Prepare the test strip by opening the strip pouch carefully at the TEAR HERE mark. Remove the test strip carefully and only hold the top portion of the strip.

7. Place the test strip into the open pre-filled tube with the arrows pointing down. Leave the strip in the tube for 10 minutes. Do not handle or move the strip until the 10 minutes is complete.

8. After 10 minutes, remove the test strip from the pre-filled tube and place on a flat surface with good lighting. Inspect the strip for test results. The test strip must be read within 5 minutes after being removed from the tube to avoid inaccurate results.

9. When finished, put testing supplies in the garbage, sanitize your hands and clean your testing space.

False positive, false negative or invalid results may occur if the strip is read beyond the recommended time period.

RESULTS (AFTER 10 MINUTES)

NEGATIVE - ONE LINE
- one line at the C (control) mark, no line at the T (test) mark
- Continue your testing schedule.

POSITIVE - TWO LINES
- one line at the C (control) mark, one line at the T (test) mark (ANY shade of pink-to-red)
- Immediately self-isolate and visit the COVID-19 Assessment and Referral tool online at covidassessment.nlch.nl.ca to determine if you need a lab-based test and to report your positive result. Do not contact 811 unless you do not have internet access.

INVALID RESULT
- If your test does not match either the negative or positive examples, the test should be repeated with a new kit.

For an instructional video, please visit https://youtu.be/LJhdIWW6XT4 [credit: Ontario COVID-19 Science Advisory Table]