NOTE: It is important to follow the instructions carefully for accurate results. Keep testing kit out of reach of children and pets.

YOUR TESTING KIT CONTAINS:
1. nose swab
2. tube
3. dropper lid
4. test unit

YOU WILL NEED:
- clean, level surface
- paper towel
- hand sanitizer
- timer or clock

BEFORE YOU START:
- Clean your hands.
- Place paper towel on a clean, level surface.
- Open the contents of your testing kit.
- Place tube in stand so that it is upright.
- Write your name with marker or pencil on the unit if testing more than one person.

NOTE:
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).

1. Peel the top off the tube, being careful not to spill the clear liquid. Put the tube into the tube holder hole on the top of the box.

2. 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).

3. Using the same swab, put the swab into your nostril about 2 cm (for small children, just put the swab into the nostril). Rub and rotate the swab 5 times, for at least 15 seconds. Repeat for the other nostril using the same swab (eyes may water).

4. Gently lower swab into the tube of liquid and stir the swab in the liquid at least 10 times while squeezing the tube around it.

5. Squeeze the liquid out of the swab by pinching the tube and slowly pulling the swab out (a). Throw out the swab. Put the dropper lid on the top of the tube (b) and turn it upside down to gently squeeze 4 drops of liquid into the small round well of the test unit (c). CAUTION, the drops come out quickly. Leave the test unit on a level, flat surface for 15 minutes (d).

6. When finished, save your tube stand and put remaining testing supplies in the garbage, sanitize your hands and clean your testing space.

RESULTS (AFTER 15-30 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
Immediately self-isolate and visit the COVID-19 Assessment and Test Reporting Tool online at covidassessment.nlchi.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/LJhdIWwdXT4
(c credit: Ontario COVID-19 Science Advisory Table)