Thank you for purchasing Rapid Antigen Test Kits from SRx Health Solutions. These kits are for peace of mind and limiting the spread of COVID-19. These kits do not include an appointment nor a result report.

In the event you require COVID testing for travel, work, or events, in which a result report is required, SRx offers rapid antigen, rapid molecular PCR, and RT-PCR testing with fast result turnaround times and result reports.

For more information on COVID testing with SRx, visit SRXHEALTH.CA

How to test yourself using a COVID-19 Rapid Antigen Test At Home

Before you start:

• If you have any COVID-19 symptoms or if you have been exposed to someone with COVID-19, do NOT use this test kit. Please contact your local public health unit for next steps.

• Make sure your kit has all components needed (see Step 2) and that none of the materials are damaged or expired.

• This test can be performed using anterior nasal swabbing or deep nasal swabbing. Both collection methods can be performed with the swab provided.

• Store the kit and its contents at room temperature and away from direct sunlight.

• Find a clean area free from food, drinks, or clutter, and easy to clean in the event of a spill.

• During the test to not eat, drink, smoke, vape, put in contact lenses, put on makeup, or touch your face in any way.

• This test is for your own use only, unless you are a parent/guardian administering to a child.

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

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

OR

One Test Strip/ Test Device   One Liquid Buffer Vial* (*See Note on page 2)   One New Test Tube   One New Nozzle Cap with Filter   Cup (from home)   One Tube Rack (if provided)   One Swab
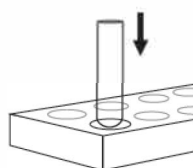
3   **Set up your testing area.**

OR

• Remove the test strip from its package and place it face up on a clean and flat surface.

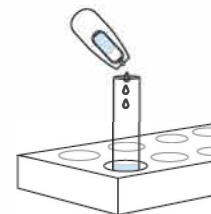• Place a new empty test tube upright in the tube rack or cup .

• Gently shake the unopened vial to stir its content before use.

• Remove the top of the vial by twisting it at the breakpoint line.

• Gently empty all the liquid from the vial into the test tube.

How to test yourself using a COVID-19 Rapid Antigen Test At Home

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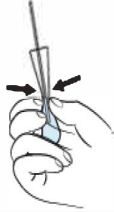HEALTH SOLUTIONS

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.
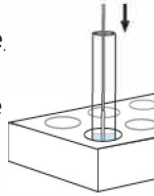- Remove the swab and repeat same steps in the other nostril.
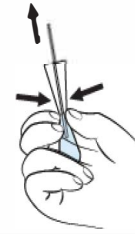
5   Mix the sample with the liquid in the tube.

- Completely submerge the swab tip and gently swirl to mix. Avoid splashes.
- Leaving the swab in the tube, press the tube walls against the swab tip about 10-15 times.
- Leaving the swab in the tube, place the tube back in its rack or cup and let the reaction stand for 2 minutes.
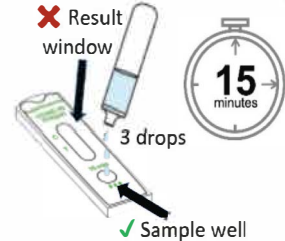
6   Perform the test and wait 15 minutes before reading your results.

- 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
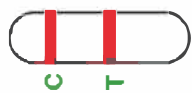- Set a timer for 15 minutes.*

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

✗ Result window
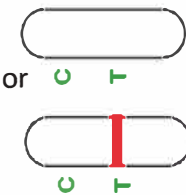
15 minutes

3 drops

✓ 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.**

or

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

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**, 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 strip. You will need to swab your nose again according to the instructions.

9   Dispose of test materials in the garbage and wash your hands. Do not reuse materials.

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