



Rapid Antigen At-Home Test Guidance for First Nations School Staff

January 19, 2022

The information below is summarized from the [BC Centre for Disease Control \(BCCDC\)](#). The First Nations Education Steering Committee and First Nations Schools Association understand that First Nations may implement policies on the use of rapid tests that supersede the guidance included in this document.

When to Use the Test

The BC Centre for Disease Control advises that you should only use this test if you **have [symptoms of COVID-19](#)**

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away, or go to your local emergency department or call 9-1-1.

Do not take a rapid COVID-19 test if you do not have symptoms of illness.

Test instructions are available [here](#) and are included below.

Test Results

If your result is positive, it means you likely have COVID-19.

Use information from BCCDC to [understand your test results](#), including what actions you should take. [Complete an online form to report your test result](#) to public health and notify your school that your absence is due to illness.

If your result is negative, you may return to school when you feel well enough to return to regular activities, or consistent with direction provided by your school administration and First Nations leadership. Notify your school that your absence is due to illness.

Visit [BCCDC](#) for up-to-date information on COVID-19.

Before you start

- Keep this test kit at room temperature or anywhere between 2°C - 30°C (do not store in freezer and keep away from direct sunlight; do not leave in a vehicle).
- Find a clean flat surface (free of food, drinks and clutter) that is easy to clean in the event of a spill.
- Do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face during the test.
- This test is to be used for self-testing.
- Do not use this test if you have a nose bleed.

Resources

For further information about rapid testing, translated versions of this guide and videos of how to perform the test, use the QR code below or visit: bccdc.ca/covid19rapidtesting



- 繁體中文
- 简体中文
- ਪੰਜਾਬੀ
- Việt Ngữ
- español
- ကဏ္ဍ

- français
- 한국어
- عرب
- فارسی
- 🙌

Understanding the accuracy of your test

Rapid antigen tests detect the antigens (proteins) of the virus that causes COVID-19. It can take **3 to 7 days** after infection for there to be enough of the virus to be detected by the test. If a person with COVID-19 tests too early after they become infected, the test result can show as negative; this is called a false negative.

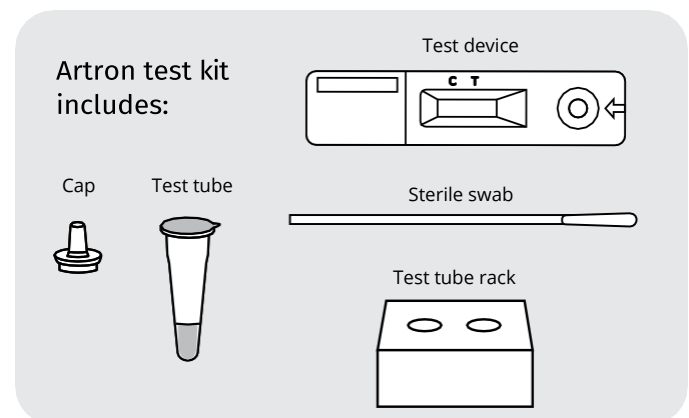
Rapid antigen screening only provides a point-in-time result. A negative result does not guarantee an individual is not contagious. If you have recently been exposed to COVID-19, you may still test positive later once there are enough antigens in your system for the test to detect.

Instructions

- 1 Blow your nose and discard the tissue. Wash your hands with soap.



- 2 Gather testing equipment:
 - Artron test kit:
 - 1x test device
 - 1x sterile swab
 - 1x test tube (sealed with fluid)
 - 1x test tube cap
 - 1x test tube rack (if provided)
 - a timer
 - garbage can
 - small glass or cup (optional)



Timer

Garbage can

COVID-19

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Artron

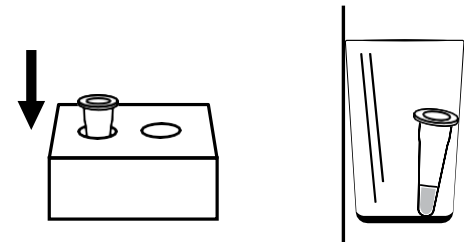


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- 3 Peel off the foil seal from the test tube



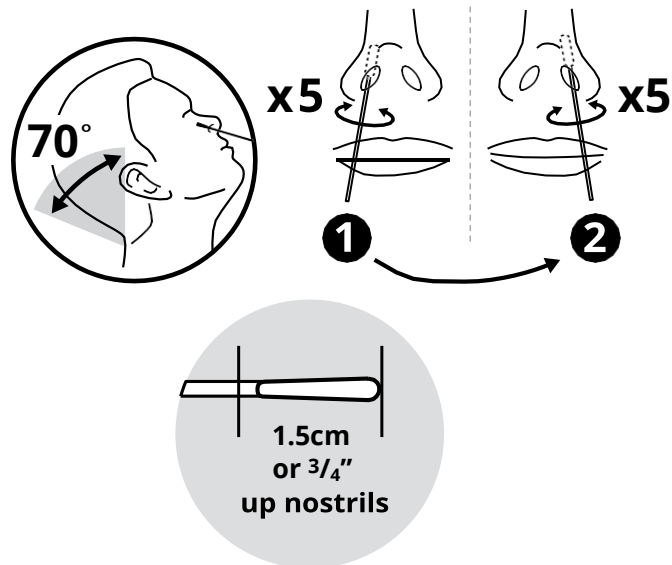
- 4 Place filled test tube in the assembled test tube rack or a clean glass or cup



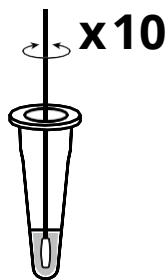
- 5 Collect your nasal sample:

- 1 Remove swab from packaging. Touch only the plastic handle.
- 2 Tilt your head back.
- 3 Insert the cotton end of the swab straight back (not up) into one nostril for 1.5cm (3/4 inch).
- 4 Place the swab against the inside of your nose to sample nasal fluid. Gently and slowly rotate 5 times.
- 5 Repeat in your other nostril with the same swab.

Do not use the swab for testing if there is any blood on it. Blow your nose and use a new swab. If you have had a nose bleed, wait 24 hours before testing.



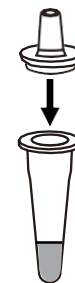
- 6 Gently insert the cotton end of the swab into the test tube:



- 1 Swirl the swab tip **gently and slowly** in the buffer fluid 10 times.



- 2 Remove the swab while pinching the sides of the tube to squeeze out all the liquid from the swab. Put swab in garbage.



- 3 Push cap firmly on to test tube to seal it.

COVID-19

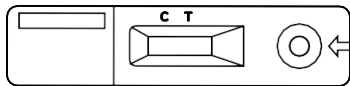
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Artron



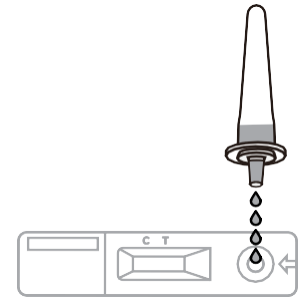
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- 7 Open a test device and place it on a flat surface (like a table).

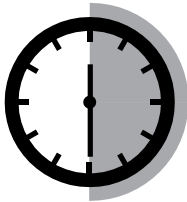


- 8 Hold the tube directly over the test device, with cap pointing straight down. Slowly squeeze 4 drops onto the circle of the test device.

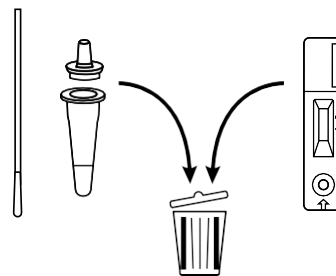
Do not let the test tube touch the circle.



- 9 Set your timer for 30 minutes and check your results. Do not move the test device during this time. Readings after 30 minutes may not be accurate.



- 10 Put all testing equipment in the garbage.



- 11 Wash your hands.



How to read your results

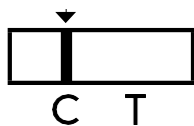
It does not matter which line appeared first or how faint the lines look. Lines will be pink or purple.

Monitor the test device after setting your timer. Test results can take up to 30 minutes. Positive results may appear sooner.

Seek medical care if you feel you need it, regardless of whether you test positive or negative.

Negative result

Only the control line (C) appears

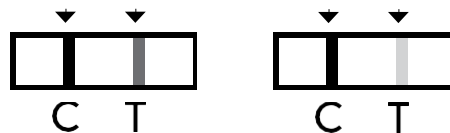


If your result is negative, it means that COVID-19 was not detected. It is still possible that you have COVID-19.

Self-isolate until your symptoms improve and you feel well enough to return to regular activities. If you've been instructed to self-isolate by public health, you must continue to self-isolate, even if you test negative.

Positive result

Control line (C) and the test line (T) appear



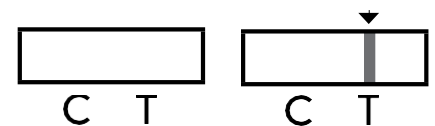
A positive result means you likely have COVID-19 and you could pass it on to others.

You will need to report your result at:
reportcovidresults.bccdc.ca

You need to self-isolate and let all close contacts know they have been exposed to COVID-19. For information on next steps, self-isolation and close contacts, visit bccdc.ca/covid19rapidtesting

Invalid result

The control line (C) is NOT present



If your test is not valid, discard all the pieces from the first test. Wash your hands and repeat the process using the second set of test pieces. Follow the test instructions again.

If you have two invalid test results, get tested at a COVID-19 testing location. Find a testing location at: healthlinkbc.ca/covid19test