

# Newfoundland and Labrador Rapid Testing Program for Students and Staff at Schools

Students, teachers and staff in all K-12 schools will be provided with COVID-19 rapid self-test kits to use at home. These tests can be used if you have symptoms, or if you are a close contact requiring testing.

Please do not waste rapid tests. These are a valuable and limited resource and should be used wisely and only when testing is indicated. If you are unsure of your testing requirements, please complete the online COVID-19 Assessment and Test Reporting tool at [covidassessment.nlchi.nl.ca](https://covidassessment.nlchi.nl.ca) for direction.

When you receive the tests, keep them in a safe place and out of reach from children and pets.

You may share your rapid tests with others who require testing if you have extra kits available at home (for example, friends and family members).

## How to use rapid tests

- Every student, teacher and staff member will be provided rapid self-test kits.
- You should use the tests if you start having symptoms.
- You can hold your remaining tests for future use, including if you are identified as a close contact (see the **Close Contacts Flowchart** for instructions), or you can use them if you see an invalid result (see instructions).
- **You should not complete rapid tests if you had a COVID-19 infection in the last 90 days.** Reinfection is unlikely in the three months following a COVID-19 infection. If you have symptoms, isolate until you do not have a fever AND your symptoms improved in the last 24 hours.

## Symptomatic testing

- **If you start having symptoms of COVID-19, do not go to school.**
- Test yourself on the first day you start having symptoms. If that test is negative, complete a second test in 72 hours.
- For example, if you use a rapid self-test on Monday morning, you should test again on Thursday morning.
- It is safe to discard used tests in your household garbage.
- If the two tests are negative **AND** you do not have a fever **AND** your symptoms improved in the last 24 hours, you can return to school.
- If you still have a fever or your symptoms have not improved, please stay home until 24 hours after your fever is gone **AND** your other symptoms improve.

## If you test positive

- Do not complete any more tests.
- You are considered [positive for COVID-19](#).
- You can report your positive test result by completing the online COVID-19 Assessment and Test Reporting Tool at [covidassessment.nlchi.nl.ca](https://covidassessment.nlchi.nl.ca).

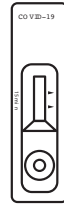
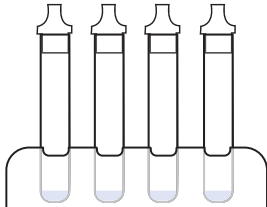
## For more information

Please visit <https://www.gov.nl.ca/covid-19/rapid-testing/> for detailed instructions on how to use rapid tests if you have symptoms or if you are a close contact.



# BTNX COVID-19 Rapid Test

## YOUR TESTING KIT CONTAINS:



Nasal Swab

Test Tube

Buffer Liquid

Tube Stand

Test Cartridge

## YOU WILL NEED:

- A clean, level surface
- Hand sanitizer
- A timer or clock

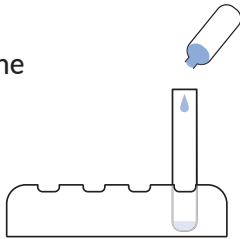
For better accuracy of the test, we recommend swabbing the throat, cheeks AND nostrils using the same swab. If you are unable to follow these instructions, only swab your nostril (throat or cheek swabs alone will not give accurate results).

## BEFORE YOU START

- Bring all testing materials to room temperature (18-30°C) before use.
- Wash your hands.
- Clean your work surface.
- Open the contents of your testing kit.
- Remove the test cartridge from the wrapper.
- Write your name on the cartridge if testing more than one person.

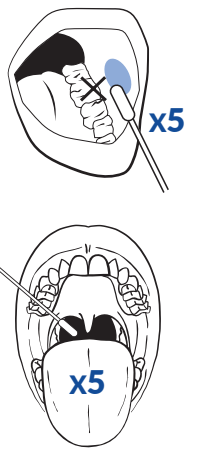
## STEP 1

- Place the collection tube into the tube stand so it stands upright.
- Add entire contents of 1 single use testing buffer solution into the test tube.



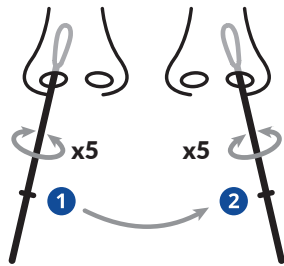
## STEP 2

- 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).



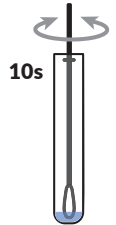
## STEP 3

- Using the same swab, insert the swab into your nostril approximately 2 cm.
- Rub and rotate the swab 5 times around and repeat for the other nostril using the same swab.



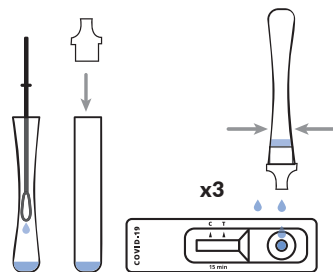
## STEP 4

- Immerse swab tip into liquid in the test tube, swirling and stirring the swab for 10 seconds.
- Squeeze the swab 10-15 times by pinching the tube against the swab.
- Keep swab immersed in the liquid and let stand for 2 minutes in the tube stand.



## STEP 5

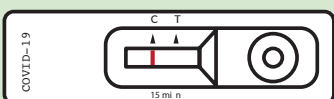
- Remove swab from test tube while squeezing out remaining liquid.
- Attach nozzle to the test tube and gently squeeze 3 drops into the round well of the test cartridge.



## STEP 6

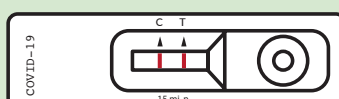
- Set a timer for 15 minutes. After 15 minutes, a coloured line will show in the result window.
- When finished, properly dispose of the testing supplies, sanitize your hands, and clean your testing space.

## NEGATIVE RESULT



**One line at the C mark. No line at the T mark.** Continue your testing schedule.

## POSITIVE RESULT



**Two lines. One line at the C mark and one line at the T mark.** Immediately self-isolate and visit the COVID-19 Referral and Assessment application 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 result does not match either the **Negative or Positive** examples, the test may not have worked. Re-test until you receive a positive or negative test result.