USING RAPID TESTS

Rapid tests are easy to use and produce results in minutes.

If you have symptoms of COVID-19, such as fever, cough, sore throat, or sudden loss of taste and smell, self-isolate immediately and do a rapid test. If you don’t have access to a rapid test, you must self-isolate at your home.

MATERIALS

Everything you need is included in the test kit, except a timer or stopwatch. You may also need a glass if your kit does not have a test tube holder. Keep rapid tests out of the reach of children and pets.

HOW TO DO A RAPID TEST

**STEP 1**
Disinfect your testing surface and wash your hands.

**STEP 2**
Pour the liquid into a test tube (if necessary).

**STEP 3**
Insert the cotton end of a swab into one nostril and turn it against the inside of your nose. Repeat in the other nostril using the same swab.

(To increase the chances of detect virus, scrub inside each cheek for at least 5 seconds before proceeding to sampling in both nostrils.)

**STEP 4**
Place the swab in the test tube and swirl it in the liquid.

**STEP 5**
Place the test tube with the swab in the holder (or in a glass) and let it stand for 2 minutes.

**STEP 6**
Remove the swab, pinching the test tube to extract as much liquid as possible.

**STEP 7**
Put the cap on the tube and squeeze the tube to deposit a few drops in the well of the test device.

**STEP 8**
Wait 15 minutes. Do not touch the test device for 15 minutes.

**STEP 9**
Read the result on the test device.

- **Positive:** The result is positive when the C line and the T line appear in the window. It doesn’t matter which line appears first, and even if a line looks faint, the result shown is the correct one.
- **Negative:** The result is negative when only the C line appears in the window.
- **Invalid:** The result is invalid if the C line is not visible in the window.

Reading test results before or after 15 minutes may give incorrect results.

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**TYPES OF TESTS AVAILABLE**

<table>
<thead>
<tr>
<th></th>
<th>BTNX</th>
<th>BD VERITOR</th>
<th>SD BIOSENSOR</th>
<th>FASTEP</th>
<th>PANBIO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Description</strong></td>
<td>Box of 5 tests</td>
<td>Box of 30 tests</td>
<td>Box of 25 tests</td>
<td>Box of 20 tests</td>
<td>Box of 25 tests</td>
</tr>
<tr>
<td><strong>Number of drops of liquid</strong></td>
<td>1 prefilled vial</td>
<td>Prefilled tube</td>
<td>Prefilled tube</td>
<td>Prefilled tube</td>
<td>About 12 drops</td>
</tr>
<tr>
<td><strong>Number of rotations in each nostril</strong></td>
<td>5 rotations (15 seconds)</td>
<td>5 rotations (15 seconds)</td>
<td>4 rotations (15 seconds)</td>
<td>5 rotations (15 seconds)</td>
<td>5 rotations (15 seconds)</td>
</tr>
<tr>
<td><strong>Number of rotations in the liquid</strong></td>
<td>10 to 15 rotations</td>
<td>10 to 15 rotations</td>
<td>10 rotations</td>
<td>10 to 15 rotations</td>
<td>5 rotations</td>
</tr>
<tr>
<td><strong>Number of drops to be placed in the test device</strong></td>
<td>3 drops</td>
<td>3 drops</td>
<td>4 drops</td>
<td>3 drops</td>
<td>5 drops</td>
</tr>
</tbody>
</table>

**WHAT TO DO BASED ON THE RESULT**

- If the result is positive, self-isolate by following the instructions for people with COVID-19.
- If the result is negative, self-isolate and do a second rapid test 24 hours later.
- If the result is invalid, do another rapid test using a new testing kit.

For all self-isolation instructions, visit [Québec.ca/selfisolating](http://Québec.ca/selfisolating)

**REPORTING YOUR TEST RESULT**

If you have had a rapid test, it’s important to report the results. Complete the reporting form for each rapid test performed, regardless of whether the result is positive or negative. To do so, go to [Québec.ca/testCOVID-19](http://Québec.ca/testCOVID-19).

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Contact the local poison control center in case of accidental ingestion or direct skin exposure to solutions contained in rapid test kits.