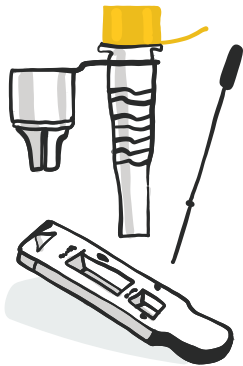


# Performing your own rapid COVID-19 test at home using the BD Veritor testing kit.



## Your testing kit contains:

- Nose swab
- test tube with small amount of clear liquid
- test cartridge

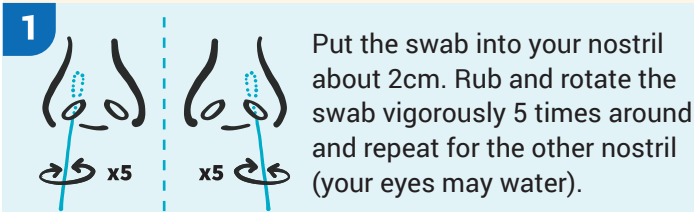
## You will need:

- clean, level surface
- paper towel
- hand sanitizer
- timer or clock

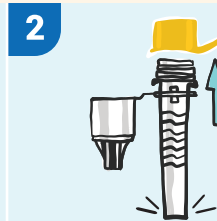


## Before you start

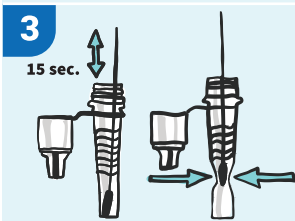
- Clean your hands.
- Lay paper towel on a clean, level surface
- Open the contents of your testing kit.
- Remove the test cartridge from the wrapper.
- Write your name with marker or pencil on the cartridge if testing more than one person.
- **Scan this QR code for an instructional video**  
<https://backtoschool.ednet.ns.ca/kidcovidtest>



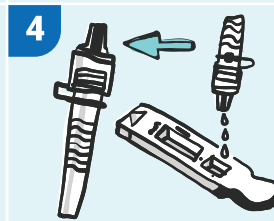
Put the swab into your nostril about 2cm. Rub and rotate the swab vigorously 5 times around and repeat for the other nostril (your eyes may water).



Gently tap the test tube to bring the fluid to the bottom. Carefully remove yellow cap, being careful not to spill, splash, or make contact with the fluid.



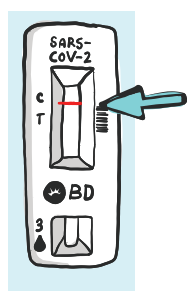
**GENTLY** lower swab tip into the liquid, stirring up and down for 15 seconds. Pinch tube around swab to squeeze out remaining liquid. Discard the swab.



Put the attached cap on the tube. Gently squeeze 3 drops into the small well of the testing cartridge. Leave cartridge on level surface for 15 minutes.

**ATTENTION!** The area that displays the results will turn red before turning back to white prior to the lines appearing.

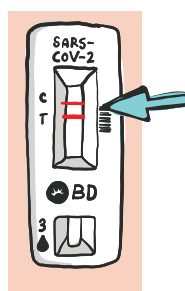
## RESULTS



### Negative

**One line at the C (control) mark, no line at the T (test) mark.**

A single negative result cannot be used to rule out COVID-19 in a person with symptoms. Repeat the test in 48 hours. If you are a close contact, you should not use this test and should following testing guidance from Public Health.



### Positive

**One line at the C (control) mark, one line at the T (test) mark.**

#### You must:

- Isolate immediately
- Notify Public Health of your positive result by emailing [PublicHealthPOCT@nshealth.ca](mailto:PublicHealthPOCT@nshealth.ca), including your name, date of birth, health card number and contact information (note: this email account can only accept notification of positive results).
- Book a COVID-19 test at <https://covid-self-assessment.novascotia.ca/en> or through 811.
- Stay in isolation until you either receive a negative confirmation test or receive a phone call from public health with further information.

**Invalid:** If your test result does not match either the **Negative** or **Positive** examples, the test should be repeated with a new kit.