



Testing 101 Cheat Sheet

| | Self-Test (Rapid Antigen) | Point of Care Rapid Test (Rapid PCR) | Lab PCR Test |
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| What is it? | A safe, simple and quick COVID-19 test that detects viral molecules and can deliver a result in approximately 15 minutes. These tests do not diagnose COVID-19 , but are effective in screening people who may be COVID-19 positive but have no symptoms and require further investigation. | Abbott ID NOW is a rapid PCR testing system that is currently being used at the point of care in acute care sites for screening and is expanding to be used at COVID-19 testing and assessment centers by SHA staff who are symptomatic, have a positive self-test, or have been identified as close contact. | A COVID-19 test that detects the genetic material of the virus using a lab technique called polymerase chain reaction (PCR). Lab PCR tests are considered the gold standard of diagnostic COVID-19 testing. |
| What are the names of the tests? | There are currently two types of self-tests being used in the <i>Test to Protect</i> program: <ul style="list-style-type: none"> • Abbott PanBio Nasal Tests • BD Veritor Nasal Tests | Abbott ID NOW™ rapid PCR testing (used at the point of care (POC) in acute care sites and is expanding to be used at COVID-19 testing and assessment centers) | In lab PCR testing |
| Who can perform this test? | Self-tests can be performed by: <ul style="list-style-type: none"> • Healthcare workers who have taken the SHA testing training • Members of the public who have reviewed the required instructions All self tests need to be used appropriately. Testers should only be testing themselves and members of their household. | Qualified staff trained to use the Abbott ID NOW as indicated in the Terms and Conditions of each site Laboratory License. | Laboratory Medicine staff and Licensed Non-SHA Laboratory staff |
| Who can be tested with it and when are they appropriate to use? | Self-tests should only be used to SCREEN someone who is NOT experiencing any symptoms of COVID-19. SHA health care workers should only be using them to screen themselves and their households. | Abbott ID NOW is only available for: <ul style="list-style-type: none"> • Point of care in acute care sites • By health care workers (HCWs) and contract SHA employees at COVID-19 testing and assessment centers who are experiencing COVID-19 symptoms (symptomatic), have a | The Lab PCR test is only available for: <ul style="list-style-type: none"> • Persons with symptoms of COVID-19 • Those with a positive antigen test • Close contacts to a positive COVID case • Persons identified in an outbreak situation, as ordered by a Medical Health Officer • Anyone requiring a |



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| | | <p>positive self-test (rapid antigen test), or have been identified as close contact</p> | <p>transfer or admission to settings such as long term care, personal care home, and acute care facilities</p> <ul style="list-style-type: none"> • Surveillance testing of immunocompromised patients including chemotherapy and hemodialysis. |
| <p>Where are they being used?</p> | <p>Self-tests are available for use in settings such as long term care, personal care homes, shelters, detox centers, group homes and schools; for SHA health care workers, emergency medical services (EMS), dentists, and pharmacists; and for all workplaces.</p> | <ul style="list-style-type: none"> • At COVID-19 testing and assessment centers and some acute care sites (Abbott ID NOW) | <ul style="list-style-type: none"> • SHA Laboratory Medicine Laboratories, with collections occurring at Covid-19 test and assessment centers |
| <p>What do I do if I get a positive result?</p> | <ul style="list-style-type: none"> • SELF-ISOLATE • GET TESTED immediately with a lab PCR test • READ What You Need to Know About Getting Tested for COVID-19 | <ul style="list-style-type: none"> • SELF-ISOLATE for 10 days after your symptoms begin or if you do not have symptoms, for 10 days after your test date, EVEN IF YOU ARE IMMUNIZED • A case investigator will call you within 24-48 hours with more information on self-isolation and contact tracing. • READ CV-19 H0032 What You Need to Know If You Have Tested Positive for COVID-19. • ADVISE anyone you live with to SELF-ISOLATE and GET TESTED ASAP | <ul style="list-style-type: none"> • SELF-ISOLATE for 10 days after your symptoms begin or if you do not have symptoms, for 10 days after your test date, EVEN IF YOU ARE IMMUNIZED • A case investigator will call you within 24-48 hours with more information on self-isolation and contact tracing. • READ CV-19 H0032 What You Need to Know If You Have Tested Positive for COVID-19. • ADVISE anyone you live with to SELF-ISOLATE and GET TESTED ASAP |