Welcome to the Test to Protect Self-Testing Program!

COVID-19 is still present throughout Saskatchewan. Self-testing is done using a rapid antigen test kit. It is safe, easy to use, provides fast results within 15 minutes, and most importantly, is gentle. Self-tests can be done almost anywhere, at any time to see if you may have COVID-19. The Saskatchewan Health Authority (SHA) recommends routine self-testing one to two times per week for each member in your household who do not have COVID-19 related symptoms.

For self-testing kit pick up locations and availability, please visit the [Government of Saskatchewan's Self-Testing website](#).

Questions and Answers

1. **Why should I test my household?**
   A: Routine, voluntary testing at home will help prevent transmission and help keep your home, workplace, schools and communities safe. It is important that this test be done for your health as well as to put in safety measures to keep your family safe from further spread.

2. **Who can I test?**
   A: The testing kits are to be used for testing each member of your household who do not have any COVID-19 related symptoms.

3. **Do we need to take training?**
   A: Step-by-step instructions for COVID-19 BD Veritor™ self-testing is located on the other side of this guide. Additionally, a self-testing example [video](#) can be found at https://youtu.be/2nKl31w9BPA.

4. **How often should we test?**
   A: The SHA recommends self-testing each member of the household one to two times per week.

5. **Are these tests safe?**
   A: Yes, the self-test is a gentle swab on the inside of the nose that is easy to perform and completely safe.

6. **What do I do if someone in my household tests positive?**
   A: Please call HealthLine 811 to report the positive self-test and arrange for a confirmatory lab PCR test. Next, review the Positive Self-Test Results Guide that is located on the [Government of Saskatchewan's Self-Testing](#) website page at [Saskatchewan.ca/covid19-testing](#).

7. **How do I dispose of the used tests?**
   A: You can dispose of the testing supplies in your standard garbage.

8. **Who can we reach out to if we have questions about self-testing?**
   A: You can visit the Government of Saskatchewan's website at [Saskatchewan.ca/covid19-testing](#).

9. **Can self-tests be used to provide proof of a negative COVID-19 test result?**
   A: Provincially supplied negative self-tests (rapid antigen tests) will not be accepted as valid proof of negative COVID-19 test results. However, test results purchased through an approved testing provider, or a user-paid monitored testing program will be accepted by the NESD.
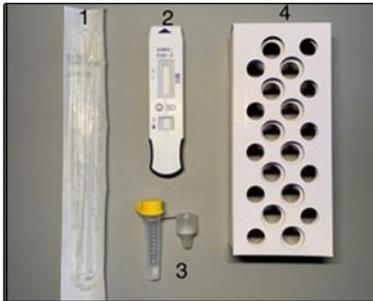
The Self-Testing Program Includes:

- One (1) Self-Testing Kit
- COVID-19 Self-Testing Instructions for BD Veritor™ test kits

COVID-19 Self-Testing Instructions
BD Veritor™

TEST *TO* **PROTECT**

Follow these five steps to complete the COVID-19 self-test using the BD Veritor™ rapid antigen test kit.

Step 1. Prepare supplies

Wash hands before starting. Prepare your testing area and lay out the supplies you will need on a clean surface:
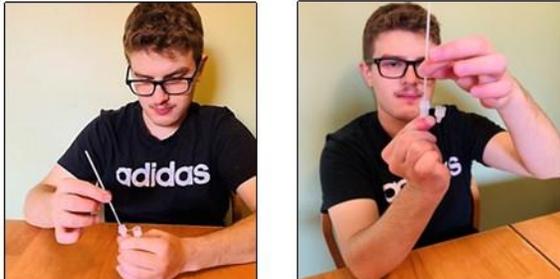1. Nasal swab 2. Testing Device 3.Tube with fluid 4. Tube rack

Step 2. Obtain nasal swab

Take the nasal swab from the wrapper, insert into the soft part of the nose. Rotate the swab 5 times against the wall of the nostril. Repeat using the same swab in the other nostril.

Step 3. Place the swab into the tube

Remove yellow cap from the tube and insert the swab. Vigorously plunge the swab up and down in the fluid for 15 seconds. Remove the swab from the test tube, squeezing the swab as it is taken out. Dispose of the nasal swab. Snap on the attached dispensing tip firmly to cover the top of the tube.

Step 4. Apply fluid to test device

Swirl the tube to mix contents, then squeeze 3 drops of fluid from the test tube onto the specimen well of the test device.

Step 5. Read test result

Read results after 15 minutes. One red line (C) - indicates a negative result. Two red lines (C and T) - indicates a positive result. One line (T) - is an invalid test (the test will need to be re-done).

Positive test? If the test result is positive (two red lines), please call HealthLine 811 for directions on masking, isolation and arrange to receive a confirmatory lab test at a COVID-19 testing site.
Visit Saskatchewan.ca/covid19-testing for more information. Dispose of all used testing supplies in the garbage.
View a self-testing video example at https://youtu.be/2nKl31w9BPA.

Provincially funded negative self-tests (rapid antigen tests) will not be accepted as valid proof of negative COVID-19 test results. However, self-tests purchased through a private licensed lab service provider or a user-paid monitored testing program will be accepted.

Saskatchewan
Health Authority