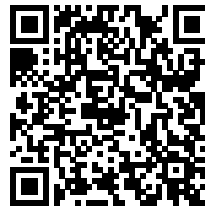


### Before you start

- Keep this test kit at room temperature or anywhere between 20°C - 30°C (**do not** store in freezer and **keep away** from direct sunlight; **do not** leave in a vehicle).
- Find a clean flat surface (free of food, drinks and clutter) that is easy to clean in the event of a spill.
- During the test, do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face.
- This test is to be used for self-testing.
- Do not use this test if you have a nose bleed.

### Resources

For further information about rapid testing, translated versions of this guide and videos of how to perform the test, use the QR code below or visit: [bccdc.ca/covid19rapidtesting](https://bccdc.ca/covid19rapidtesting)



- 繁體中文
- 简体中文
- ਪੰਜਾਬੀ
- Việt Ngữ
- español
- ትግርኛ
- français
- 한국어
- عربي
- فارسی
- 

### Understanding the accuracy of your test

The BD Veritor™ Rapid Antigen test detects a COVID-19 positive result **3-5 days after infection**. A person who is infected may have a negative result when the infection has not been active long enough (before 3 days). In this case, there is not enough antigen to be detected by the rapid test.

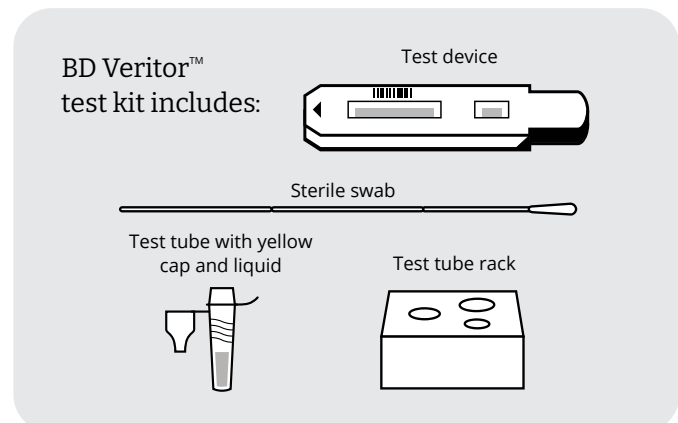
Rapid antigen screening only provides a point-in-time result. A negative result does not guarantee an individual is not contagious. If you have recently been exposed to COVID-19, you may still test positive later once there are enough antigens in your system for the test to detect.

### Instructions

- 1** Blow your nose and discard the tissue. Wash your hands with soap.



- 2** Gather testing equipment:
- BD Veritor™ test kit:
    - 1x test device
    - 1x sterile swab
    - 1x test tube with yellow cap and liquid
    - 1x test tube rack
  - a timer
  - garbage can
  - small glass or cup (optional)



Timer

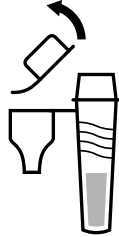


Garbage can

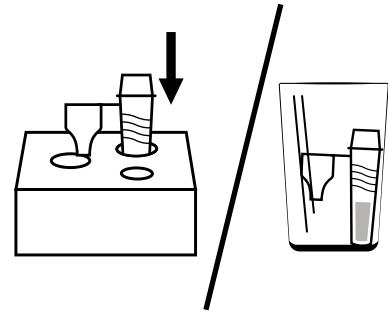


Glass or cup (optional)

- 3** Carefully open the test tube with yellow cap.

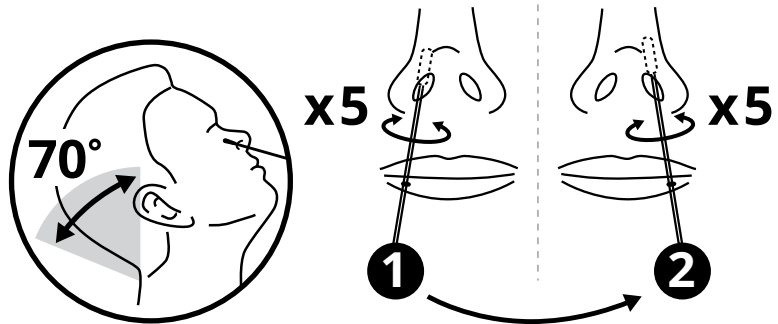


- 4** Place filled test tube in the assembled test tube rack or a clean glass or cup

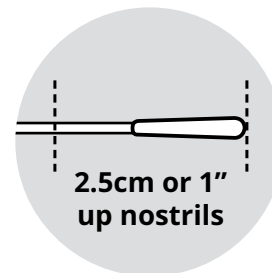


- 5** Collect your nasal sample:

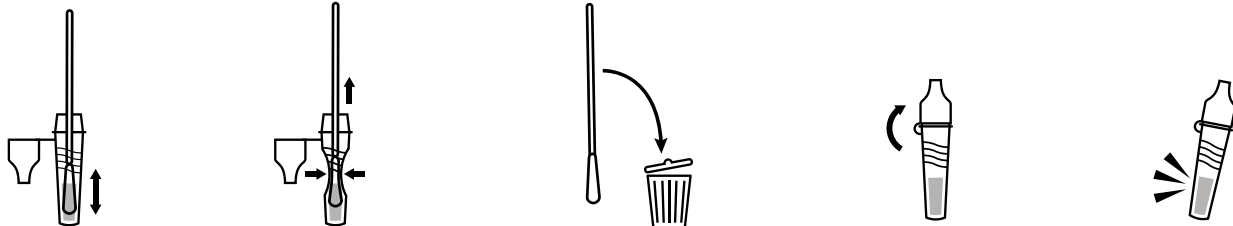
- 1 Remove swab from packaging. Touch only the plastic handle.
- 2 Tilt your head back.
- 3 Insert the cotton end of the swab straight back (not up) into one nostril for 2.5cm (1 inch).
- 4 Place the swab against the inside of your nose. Gently rotate 5 times.
- 5 Repeat in your other nostril with the same swab.



Do not use the swab for testing if there is any blood on it. Blow your nose and open a new swab. If you have had a nose bleed, wait 24 hours before testing.

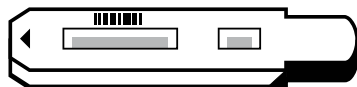


**6** Gently insert the cotton end of the swab into the test tube:

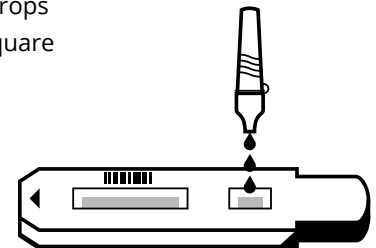


- 1 Plunge the swab up and down in the liquid for **15 seconds**.
- 2 With the swab inside, **pinch the outside of the tube** with your fingers to get the remaining liquid out of the swab tip.
- 3 Remove the swab from the tube and put in the garbage.
- 4 Push the plastic cap attached to the tube firmly onto the tube. You should hear a faint click sound.
- 5 Gently tap the side of the tube a few times to mix the solution.

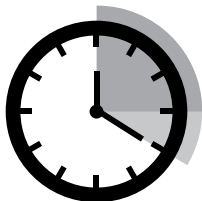
**7** Open a test device and place it on a flat surface (like a table).



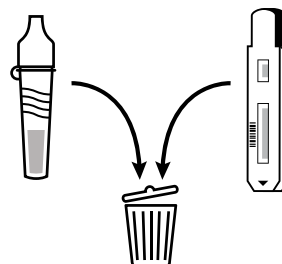
**8** Slowly squeeze 3 drops onto the sample square on the test device.



**9** Set your timer for 15 minutes to get your result. Do not move the test device during this time. Readings after 20 minutes may not be accurate.



**10** Put all testing equipment in the garbage.



**11** Wash your hands.



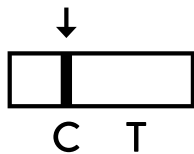
### How to read your results

It does not matter which line appeared first or how faint the lines look. Lines will be pink or red.

**Seek medical care if you feel you need it, regardless of your test results.**

#### Negative result

Only the control line (C) appears

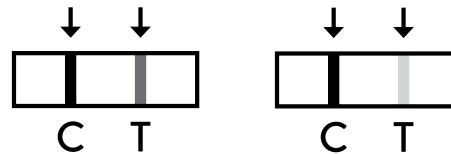


If your test result looks like this, it means that COVID-19 was not detected. It is still possible that you have COVID-19.

Self-isolate until your symptoms improve and you feel well enough to return to regular activities. If you've been instructed to self-isolate by public health, please follow their recommendations.

#### Positive result

Control line (C) and the test line (T) appear



A positive result means you likely have COVID-19 and you could pass it on to others.

Check if you may benefit from treatment at [gov.bc.ca/covidtreatments](https://gov.bc.ca/covidtreatments) or call **1-888-268-4319**

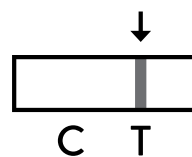
You need to self-isolate. For information on next steps, visit [bccdc.ca/ifyouhavecovid](https://bccdc.ca/ifyouhavecovid)

#### Invalid results

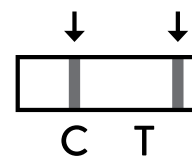
If your test is not valid, discard all the pieces from the first test. Wash your hands and repeat the process using the second set of test pieces. Follow the test instructions again.

If you have two invalid test results, get tested at a COVID-19 testing location.

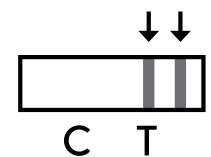
Find a testing location: [healthlinkbc.ca/covid19test](https://healthlinkbc.ca/covid19test)



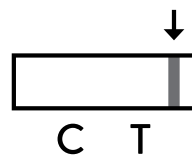
Test line only



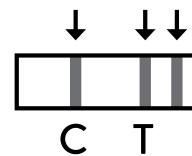
Control line and non-specific line



Test line and non-specific line



Non-specific line only



3 lines



No lines