

### Before you start

- Keep this test kit at room temperature or anywhere between 2°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.
- Do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face during the test.
- This test is to be used for self-testing. It is not recommended to use this test on children under the age of 5.
- Do not use this test if you have had a nose bleed in the last 24 hours.

### 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
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### Understanding the accuracy of your test

Rapid antigen tests detect the antigens (proteins) of the virus that causes COVID-19. It can take **3 to 7 days** after infection for there to be enough of the virus to be detected by the test. If a person with COVID-19 tests too early after they become infected, the test result can show as negative; this is called a false negative.

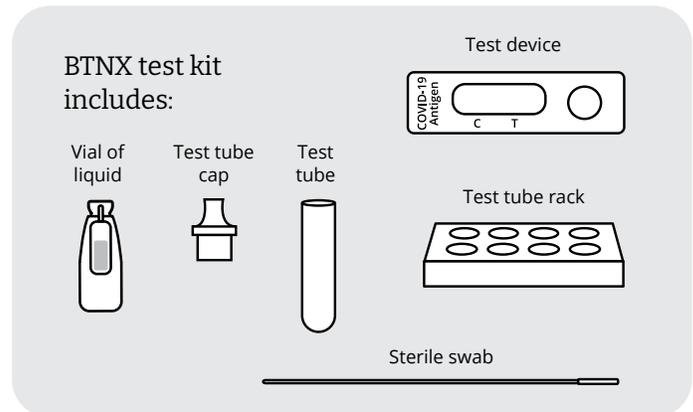
Rapid antigen screening only provides a point-in-time result. A negative result does not guarantee an individual is not contagious. If you have recently been exposed to COVID-19, you may still test positive later once there are enough antigens in your system for the test to detect.

### Instructions

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



- 2** Gather testing equipment:
- BTNX test kit:
    - 1x test device
    - 1x sterile swab
    - 1x vial of liquid
    - 1x test tube with cap
    - 1x test tube rack (if provided)
  - a timer
  - garbage can
  - small glass or cup (optional)



Timer



Garbage can



Glass or cup (optional)

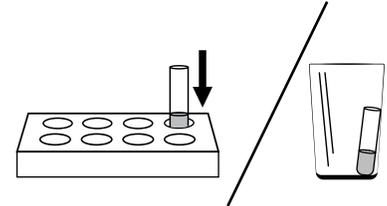
- 3** Twist the top off the vial of liquid.



- 4** Squeeze all the liquid from vial into the test tube.

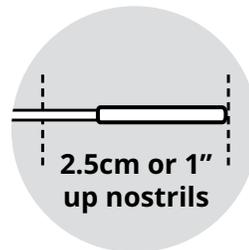
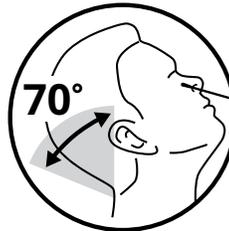


- 5** Place filled test tube in the assembled test tube rack or a clean glass or cup.



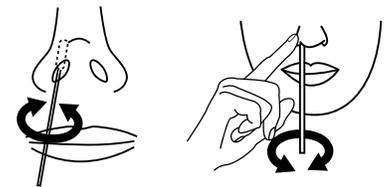
- 6** Collect your nasal sample:

- 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). Stop when you can't go any further. This should not be painful.
- 4 Place the swab against the inside of your nose. Gently rotate for 5 seconds. Press your finger against the side of your nose and rotate swab for another 5 seconds.
- 5 Repeat in your other nostril with the same swab.



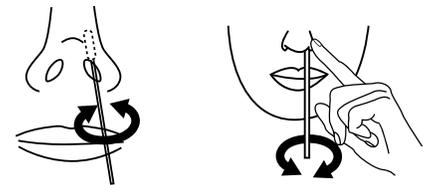
**Left side**

**5 seconds + 5 seconds**



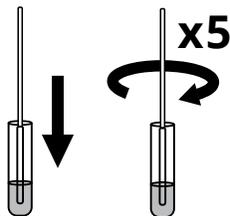
**Right side**

**5 seconds + 5 seconds**

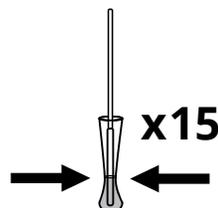


Do not use the swab for testing if there is any blood on it. Blow your nose and use a new swab. If you have had a nose bleed, wait 24 hours before testing.

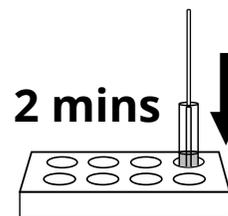
- 7** Gently insert the cotton end of the swab into the test tube:



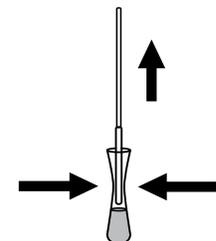
- 1 Gently and slowly** swirl the swab in the liquid 5 times, pressing it against the side of the tube. Avoid splashes.



- 2** With the swab inside, pinch the outside of the tube against the swab tip 10-15 times.



- 3** Leave the swab in the tube. Place the tube back in the test tube rack. Leave it for 2 minutes.



- 4** Remove the swab while pinching the sides of the tube to squeeze out all the liquid from the swab. Put swab in garbage.

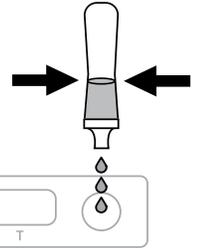
**8** Attach the cap securely onto tube.



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

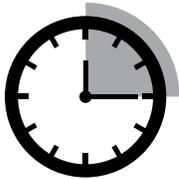


**10** Hold the tube directly over the test device, with cap pointing straight down. Slowly squeeze **3 drops** onto the circle of the test device.

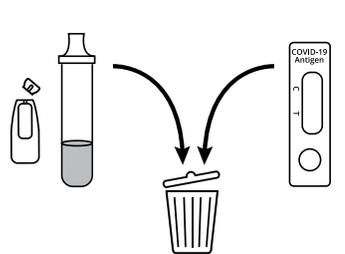


Do not let the test tube touch the circle.

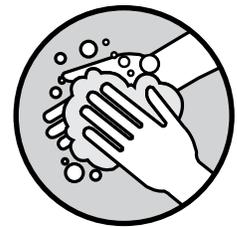
**11** Set your timer for 15 minutes to check your result. Do not move the test device during this time. Readings after 15 minutes may not be accurate.



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



**13** Wash your hands.



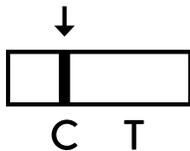
### How to read your results

It does not matter which line appeared first or how faint the lines look.

**Seek medical care if you feel you need it, regardless of whether you test positive or negative.**

#### Negative result

Only the control line (C) appears

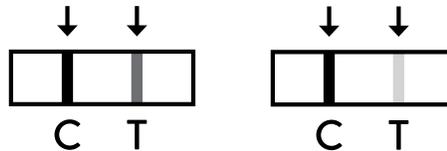


If your result is negative, it means that COVID-19 was not detected. It is still possible that you have COVID-19.

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, you must continue to self-isolate, even if you test negative.

#### Positive result

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



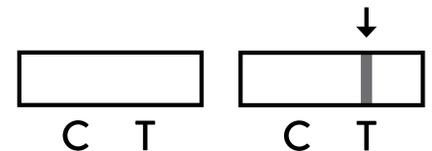
A positive result means you likely have COVID-19 and you could pass it on to others.

Check if you may benefit from treatment at [gov.bc.ca/covidtreatments](https://www.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://www.bccdc.ca/ifyouhavecovid)

#### Invalid result

The control line (C) is NOT present



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)