

# How to test yourself with BTNX Rapid Response™ COVID-19 Rapid Antigen Test At Home

This handout explains how to use the BTNX Rapid Response™ COVID-19 rapid antigen test kit on yourself. Before you start:

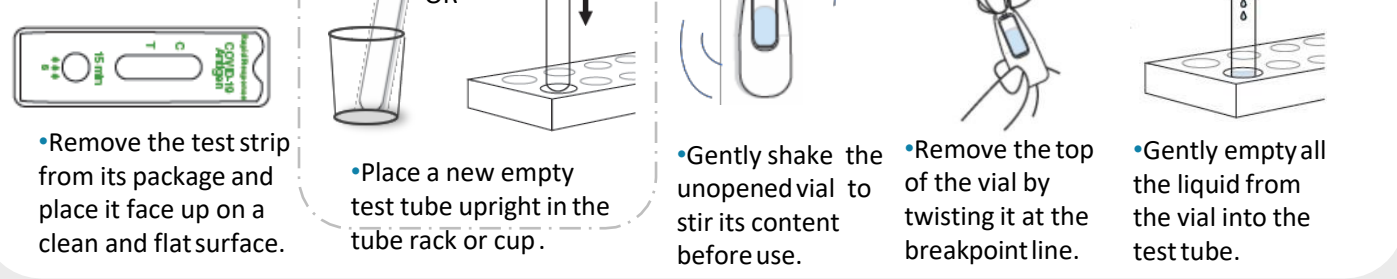
- RATs can be used for both symptomatic and asymptomatic individuals, if available. RAT results DO NOT require a confirmatory PCR test in a non-high risk setting.
- Make sure your kit has all components needed (see Step 2) and that none of the materials are expired or damaged.
- **BTNX Rapid Response™ can be performed using anterior nasal swabbing** (per the package insert, as approved by Health Canada) **or using deep nasal swabbing** (as recommended by Public Health Ontario in Step 4 of this document, given higher sensitivity compared to anterior nasal swabbing). Deep nasal swabbing is not the same as a nasopharyngeal (NP) swab, a controlled act, that may only be performed by authorized individuals). **Both types of specimen collection can be performed using the NP swab provided with the kit.**
- For information on how to use the BTNX with an **anterior nasal specimen**, users can refer to the product insert and/or a video produced by the manufacturer (noting that this video does not depict self-swabbing): <https://www.youtube.com/watch?v=F7m8L6Tq498>.
- A general instructional video on how to perform self-screening at home can also be viewed here: <https://www.youtube.com/watch?v=XP3aqwO5rJo>.
- Store the kit and its content at room temperature (not in the fridge or freezer) and away from direct sunlight.
- Find a clean area free of foods, drinks, or clutter, and 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 in any way.
- This test is for your own use only, unless you are a parent/guardian whose child is being tested. The Ministry of Health has endorsed the use of these tests by guardians for their children at home, and these instructions can help a parent to assist their child. For any further questions, please contact your local public health unit.

## 1 Blow your nose and then wash your hands for at least 20 seconds.

## 2 Assemble the materials in the kit for your test. This includes:



## 3 Set up your testing area.



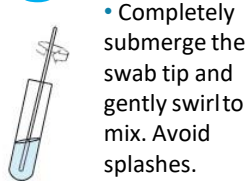
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## 4 Swab both nostrils.

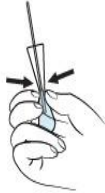
- Remove the swab from its package, keeping the swab tip away from your hands or any other surfaces.
- Tilt your head back and insert the swab straight back (not up) into one nostril. Stop when you meet resistance or when you reach 2.5 cm (distance is shorter in children < 12 years old).
- Turn the swab against the inside of your nose 5-10 times.
- Remove the swab and repeat same steps in the other nostril.



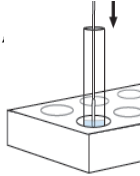
## 5 Mix the sample with the liquid in the tube.



- Completely submerge the swab tip and gently swirl to mix. Avoid splashes.



- Leaving the swab in the tube, press the tube walls against the swab tip about 10-15 times.



- Leaving the swab in the tube, place the tube back in its rack or cup and let the reaction stand for 2 minutes.



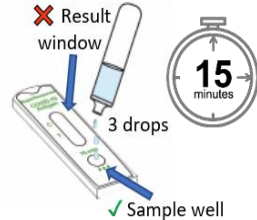
- Pinch the tube using a single hand and pull the swab out of the tube with the other.
- Discard the swab in the garbage.

## 6 Perform the test and wait 15 minutes before reading your results.

- Firmly attach nozzle cap to the test tube. Make sure the nozzle cap is attached correctly to avoid leakage.

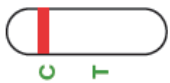


- Turn the tube upside down over the circle sample well on the test strip and gently squeeze the tube to put 3 drops into the sample well (**DO NOT** put drops in the result window)
- Set a timer for 15 minutes.\*



\*Do NOT read results before 15 minutes or after 20 minutes as it may give inaccurate results.

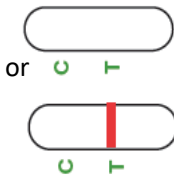
## 7 Read your results. It does not matter which line appeared first or how faint the lines look.



- If only the control line (C) is present, the result is **negative**.



- If both control line (C) and test line (T) are present, the result is **positive**.



- If the control line (C) is not present, result is **not valid** (i.e., the test is not working).



## 8 Act on your result quickly.

### If your result is negative:

- Follow the [Ministry of Health public health guidance](#) that applies to your situation, regardless of your negative RAT result.

### If your result is positive:

- Regardless of whether you have symptoms or not, it is very likely that you have COVID-19 and you should immediately self-isolate and warn your close contacts (those with whom you were closer than 2 meters for at least 15 minutes or for multiple short periods of time without masking or other protective equipment). Your close contacts should follow the [public health guidance](#).

### If your test is invalid:

- Repeat the test using a new swab and test device. You will need to swab your nose again according to the instructions.

## 9 Dispose of test materials in the garbage and wash your hands. Do not reuse materials (except for the tube rack).

### Additional Resources

- [COVID-19 Self-Assessment Tool](#)
- [Self-tests: COVID-19 test and testing location information](#)
- [Testing Yourself for COVID-19](#)

\*Note: All products distributed have Health Canada's approval, and when used according to directions, it does not pose a risk to the health of Ontarians. If not used properly (e.g., if the buffer gets in your eyes or mouth), rinse with plenty of water for 15 minutes and contact your healthcare provider or the Ontario Poison Centre at 1-800-268-9017 or 416-813-5900. If the buffer accidentally touches your skin, wash area with plenty of water. The buffer comes in a pre-portioned, sealed vial that minimizes the requirement to handle the buffer and the risk of incorrect buffer use.