

# How to test yourself with Trimedica FaStep<sup>®</sup> COVID-19 Antigen Rapid Test At Home

This handout explains how to use the Trimedica FaStep<sup>®</sup> COVID-19 rapid antigen test kit on yourself. Before you start:

- At this time, rapid antigen tests (RAT) can be used for symptomatic or asymptomatic individuals if available and Do Not require a confirmatory PCR test in most situations.
- Make sure your kit has all components needed and that none of the materials are expired or damaged.
- Store the kit and its content at 2 to 30 degrees Celsius and away from direct sunlight. Do Not freeze.
- 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.
- This test is for your own use only, unless you are a parent/guardian/caregiver of the person being tested.
- A general instructional video on how to perform self-screening at home can also be viewed [here](#).

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

**2** Check your test kit. Make sure you have the following materials:



Test Device



Test Tube Prefilled with Liquid Buffer



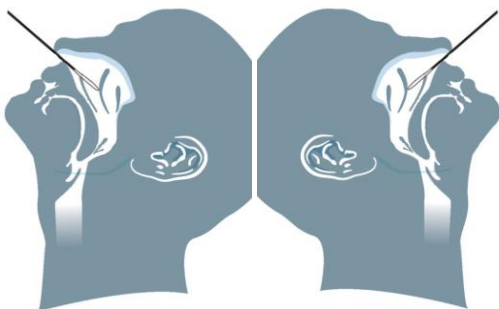
Swab



Cup (from home) to hold tube upright

**3** Set up your testing area.

- Open the foil pouch just before testing and remove the test device, and put it on a clean, level surface.
- Inspect foil pouch before opening. Do not use devices that have holes in the foil or where the pouch has not been completely sealed.
- Unscrew the blue cap of the tube and leave it on a clean surface, then place the tube upright in the cup.



**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 up to 2.5 cm (distance is shorter in children under 12 years old).
- Rotate the swab against the inside of your nose 5 to 10 times.
- Remove the swab and repeat same steps in the other nostril.

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## 5 Prepare the sample.

- Insert the swab into the tube liquid
- Mix well and squeeze the swab 10 to 15 times by compressing the walls of the tube against the swab
- Leave the swab for 2 minutes in the tube
- Compress the walls of the tube-as you remove the swab to squeeze the remaining liquid out of swab head
- Throw the swab in the garbage
- Screw the blue cap back on the extraction tube tightly to avoid spills

## 6 Perform the test.

- Unscrew the white top cap on the tube while leaving the blue cap screwed on tightly.
- Turn the tube upside down over the circular sample well on the test device.
- Add **3 drops** of liquid into the sample well. Do Not put drops in the results window.
- Read results at **15 minutes**. Do Not interpret the results after 30 minutes.

White cap

3 drops

15 minutes

X Result window

✓ Sample well

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

- If only the coloured control band (C) is present, the result is **Negative**.

- If both coloured, control band (C) and test band (T) are present, the result is **Positive**.

- If the coloured control band (C) is not present, result is **Invalid** (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.

### Additional Resources

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

**\*Note:** The liquid in the tube can irritate (bother) your eyes and skin. The liquid is **toxic** if swallowed. If the buffer accidentally touches your skin, wash area with plenty of water. If 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.