Ćećəwət leləm - Helping House
COVID-19 Pandemic Information

COVID-19
Rapid Testing Toolkit

12 January 2022

ċeċəwət leləm

"Helping House"

Tsleil-Waututh Nation

Dear TWN Community   11 January 2022

Rapid COVID19 At Home Testing Now Available

We are happy to share that we have received a limited supply of Rapid Response <u>**At-Home Self-Tests for COVID-19**</u> for use in our community.

The tests are intended for use by people **who have had COVID-19 symptoms for more than 24 hours and fewer than 5 days**.

Symptoms include:

- Fever and chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

Other symptoms may include:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Body aches
- Nausea or vomiting
- Diarrhea

It is important to remember that these tests are NOT intended for people who do not have symptoms of COVID-19.

If you have symptoms and would like to receive a at home rapid test, please call **Diana Andreassen, Community Health Nurse, at 778-835-2321** to arrange a contactless pick-up at the Helping House.

The following pages will provide you with instructions on how to perform the **Rapid Response Test** at home and what to do after your test (<u>Please note, the instructions are specific to the Rapid Response tests and are not applicable to other testing products you may receive from Public Health</u>.)

Performing Your Rapid Response Test

Prepare for the test

- Blow your nose and discard the tissue
- Do not use this test if you have a nose bleed
- Wash your hands with soap
- Gather all testing equipment

You will need

- Your test kit containing:
    - 1x sterile swab
    - 1x test tube
    - Plastic vial with buffer liquid
    - Test tube rack or a small glass
    - 1x test device
- Timer and garbage can

Get the tube ready

- Twist the top off the buffer liquid vial.
- Squeeze all the buffer liquid into the test tube.
- Place the filled test tube in the test tube holder or a clean glass or cup.

Collect the sample

- Remove the swab from the packaging. Touch only the plastic handle.
- **Tilt** your head back.
- Insert the cotton end of the swab **straight back** (not up) into one nostril for 2.5 cm or when you meet resistance
- **Turn the swab** against the inside of your nose f**or 5 seconds**.
- **Press the side of your nose with your finger to trap the swab. Rotate the swab for 5 seconds**
- **Repeat** same steps in your other nostril.
- Do not use the swab for testing if there is any blood on it. Blow your nose and use a clean swab. If you have had a nose bleed wait 24 hours before testing.

Perform the test

- **Gently** insert the cotton end of the swab into the test tube:
- Swirl the swab gently in the liquid and squeeze the swab with the sides of the tube 10-15 times.
- Place the tube in the glass or test tube rack and leave with the swab in the solution for **2 minutes**.
- With the swab inside, **pinch the outside of the tube** with your fingers to get the remaining liquid out of the swab tip.
- Remove the swab and put in the garbage.
- Attach the nozzle to the tube.

Test device

- Open the test device and place it on a flat surface.
- Slowly squeeze 3 drops onto the circle on the test device.

Get your results and clean up

- Set a timer for 15 minutes. Readings after 20 minutes may not be accurate.
- Do not move the test device during this time.
- Check your result. Your result could be:
  - Positive
  - Negative
  - Invalid
- Put all testing equipment in the garbage

If you need further instructions

- Video on how to perform the Rapid Response test can be found at the link below: **https://youtu.be/ikEK2EC_okc**
- Link to visual instructions (see also page 4): **http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_Tests/POC_screening/BTNX_test_guidelines.pdf**

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BC Centre for Disease Control
Provincial Health Services Authority

BTNX INC.

R*apid* esp•nse

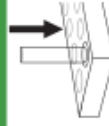REF COV-19C25

Procedure Card | COVID-19 Antigen Rapid Test Device

IMPORTANT: Bring all testing materials and specimens to room temperature (15–30°C) before use. Process specimens as soon as possible after collection.

Step 1: Set Up

Step 1.1
Before collecting the sample, place the extraction tube into the tube stand so it stands upright.

Step 1.2 Gently mix the extraction buffer bottle.

Empty the entire contents of one single use extraction buffer vial into the extraction tube. **Or** Without touching the buffer bottle to the extraction tube, add **10 drops** into the extraction tube.

Step 2 – Option A: Nasopharyngeal Swab

Step 2a.1
Remove the swab from its packaging.

Step 2a.2
Gently insert the sterile swab into the nostril parallel to the palate, not upwards. The distance should be equivalent to that from the ear to the nostril of the patient, indicating contact with the nasopharynx, or until resistance is encountered. Gently rub and roll the swab, leave in place several seconds to saturate tip with secretions. Slowly remove the swab while rotating it.
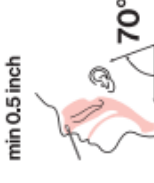
Step 2 – Option B: Nasal Swab

Step 2b.1
Remove the swab from its packaging.

Step 2b.2
Tilt patient's head back 70°. Insert the swab through the anterior nares in contact with nasal septum at least 0.5 inches inside the nostril until mild resistance is encountered at the middle turbinate.

min 0.5 inch   70°

Step 2b.3
Using a circular motion, the nasal orifice should be swabbed for a minimum of five seconds.

70°

Step 2b.4
Compress the nostril with the fingers to trap the swab tip and rotate the tip for a minimum of five seconds.
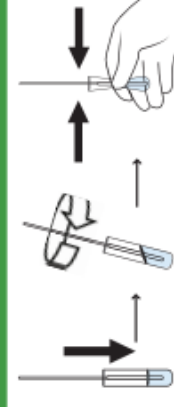
Step 2b.5
Remove and repeat for the other nostril **with the same swab.**

min 0.5 inch   70°

Step 3: Test Procedure

Step 3.1
Insert the swab with the collected specimen into the extraction tube. Swirl the swab, mixing well. Squeeze the swab 10-15 times by compressing the walls of the tube against the swab.
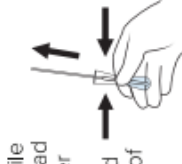
Step 3.2
With the swab still inside, securely place the extraction tube upright into the tube stand. Let the swab stand in the solution for **2 minutes.**
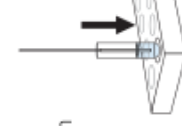
Step 3.3
Remove the swab while pressing the swab head firmly against the inner wall of the tube to release as much liquid as possible. Dispose of the used swab in accordance with the appropriate biohazard waste disposal protocol.

Step 3.4
Attach nozzle to sample extraction tube. Invert the tube and add 3 drops of the extracted solution into the sample well of the test device by gently squeezing the tube. Start the timer. Wait for coloured line(s) to appear. Read results at **15 minutes.**
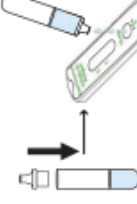
Results Interpretation

C T   C T   C T
Positive   Negative   Invalid

After My Test

- All people with COVID-19 symptoms need to stay away from others. Regardless of the test results please isolate for the time indicated in the **"End of Isolation"** section"
- **If you tested positive you are also asked to report your positive result via this link:** http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/rapid-antigen-testing#I--tested--positive
  There is no need to report a negative result.

End of Isolation

Fully immunized individuals (i.e., > 7 days after completion of a 2-dose primary COVID-19 vaccine series, or > 14 days after completion of a 1-dose primary series [Janssen COVID-19 vaccine]) with asymptomatic, mild or moderate illness who are managed at home and are not moderately nor severely immune compromised can cease isolation once the following criteria are met:

a) At least 5 days have passed since onset of symptoms (or test date for asymptomatic cases); AND
b) Fever has resolved for 24 hours without use of fever-reducing medication; AND
c) Symptoms (respiratory, gastrointestinal, and systemic) have improved; AND
d) **Continue to wear a mask around others for 5 additional days following self-isolation and avoid high-risk settings, i.e. visiting an Elder.**

Unimmunized or partially immunized individuals with asymptomatic, mild or moderate illness who are managed at home and are not moderately nor severely immune compromised can cease isolation once the following criteria are met:

a) At least 10 days have passed since onset of symptoms (or test date for asymptomatic cases); AND
b) Fever has resolved for 24 hours without use of fever-reducing medication; AND
c) Symptoms (respiratory, gastrointestinal, and systemic) have improved

See the End Of Isolation handout on page 6

Questions

If you have any health-related questions, please contact your regular health care provider. If you do not have a connection to a primary care provider, please connect with **FNHA Virtual Doctor of the Day. Call 1-855-344-3800 to book an appointment.** Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.

As always, staff at the **Helping House** is here to help. You can reach Diana, our Community Health Nurse at 778-835-2321.

COVID-19
What to do after your COVID-19 test

BC Centre for Disease Control
Provincial Health Services Authority

Your test result will help you know how long you need to self-isolate.

If your test is positive, scan the QR code or go to **bccdc.ca/ifyouhavecovid** for next steps.

Get your test result

Text results.bccdc.ca

Online gov.bc.ca/healthgateway
or go to your health region website.

Phone 1-833-707-2792
Call for results even if you do not have a personal health number (PHN).

Urgent care

Go to an urgent care clinic or emergency department if you:
- have difficulty breathing
- have chest pain
- can't drink anything
- feel very sick
- feel confused

If you have questions about COVID-19 symptoms, call **8-1-1** or your healthcare provider.

Returning from travel outside of Canada

You must follow the Government of Canada's border measures and vaccination, testing, and quarantine requirements.

For more information, visit **travel.gc.ca/travel-covid**

How long to self-isolate

The number of days you need to self-isolate depends on your test result and why you took the test.

If you test negative

Self-isolate until your symptoms improve and you feel well enough to return to regular activities, with the exception below.

If you are a close contact and/or have been told to self-isolate by public health:
Do not stop self-isolating even if you feel better. Keep self-isolating for 10 days from when you last had contact with the person who tested positive for COVID-19 or for as long as public health tells you.

If you test positive

If fully vaccinated: self-isolate for at least 5 days from the first day you had symptoms, or for as long as public health tells you.

Wear a mask (even when a mask isn't required) and avoid higher risk settings, such as long term care facilities and gatherings, for another 5 days after ending isolation.

If not vaccinated or partially vaccinated: self-isolate for at least 10 days from the first day you had symptoms, or for as long as public health tells you.

If symptoms have not improved after the 5 or 10 days, continue to self-isolate until your fever is gone and you feel better.

If tested for **screening purposes** (like before going for surgery) and your test is:

Negative: You can stop self-isolating.

Positive: If fully vaccinated, self-isolate for at least 5 days after the day of your test. If not vaccinated or partially vaccinated, self-isolate for at least 10 days after the day of your test.

Jan. 5, 2022

For more info on self-isolation, visit **bccdc.ca/covid19selfisolation**

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COVID-19

How to self-isolate after your COVID-19 test or if your test result is positive

CDC
BC Centre for Disease Control
Provincial Health Services Authority

Stay home

- Do not go to work, school or other public places.
- Have family, friends or a delivery service bring food, medication and other supplies to you.
- Do not have visitors inside unless they are homecare providers.
- Avoid going outside of your home even while you wait for your test results.

If you need to go out for medical reasons

- It is best to walk, ride a bike, or drive yourself.
- If you travel in a car with anyone (in a taxi or a ride share, or even with someone from your household):
  - Everyone must wear a mask
  - Roll down all the windows
  - Everyone should clean their hands before and after the ride

- If you must take public transit:
  - Wear a mask
  - Clean your hands before and after the ride
  - Stay 2 metres away from others

If you live with others

Let everyone at home know you are self-isolating.

- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
  - Stay more than 2 metres apart as much as possible.
  - Everyone should wear a 3-layer cloth mask, medical mask or respirator that covers the nose and mouth and goes under the chin.
  - Open windows to increase airflow.
- Eat alone in the room where you are self-isolating. If you must eat in a shared space, eat by yourself.

- Everyone should wash hands often with soap and water, or use hand sanitizer.

- If you share a bathroom:
  - Put down the toilet lid before you flush.
  - Turn on the fan or open the window.
  - Clean handles and faucets after each use.
  - Avoid sharing personal items like toothbrushes and towels

- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.

Jan. 5, 2022