Ćećəwət leləm - Helping House

COVID-19 Pandemic Information

COVID-19
Artron
Rapid Testing Toolkit

Updated 12 April 2022

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Artron Rapid Antigen COVID-19 At Home Test Kits

What you need to know

Use a rapid antigen test at home to find out if you have COVID-19. The results will be ready in less than 20 minutes.

Unsure whether to get a COVID19 test?

If you are unsure about whether to get a COVID-19 test

- Use the **Self-Assessment Tool** at https://bc.thrive.health/covid19/en
- Contact your health care provider or call 8-1-1

If you have questions about your symptoms, contact your health care provider or call 8-1-1.

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

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:	Other symptoms may include:
- Fever and chills - Cough - Loss of sense of smell or taste - Difficulty breathing	- Sore throat - Loss of appetite - Extreme fatigue or tiredness - Body aches - Nausea or vomiting - Diarrhea

The following pages will provide you with instructions on how to perform the **Artron Test** at home and what to do after your test

Please note, the instructions are specific to the Artron tests and are not applicable to other testing products you may receive from pharmacies or Public Health.

Performing Your Artron Rapid Antigen Test

Safety Warning

- Keep rapid antigen test kits and solutions out of the reach of children and pets.
- Do not swallow the solutions, and avoid eye and skin contact.
- Wash hands thoroughly after use.
- If spillage occurs, rinse well with water.
- Follow all instructions for proper disposal.
- Report any health product-related side effects or complaints to Health Canada.
- Contact your local Poison Information Centre or a health care provider in cases of accidental ingestion of chemicals or direct skin exposure.

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
- **Please note that each box of Artron Rapid Antigen Tests contains supplies for 5 tests. Make sure you only open the items you'll need.**

You will need:

- 1x sterile swab
- 1x test tube with buffer liquid
- 1x cap for test tube
- Test tube rack or a small glass
- 1x test device
- A timer and garbage can

Get the tube ready

- Peel the foil off the filled 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 1.5 cm.
- **Turn the swab** against the inside of your nose **for 5 seconds**.
- Place the swab against the inside of your nose to sample nasal fluid. Gently and slowly rotate 5 times.
- **Repeat** the 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 10 times.
- 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 it in the garbage.
- Push the cap firmly on the test tube.

Test device

- Open a test device and place it on a flat surface.
- Slowly squeeze 4 drops onto the circle on the test device, do not touch the device with the test tube.

Get your results and clean up

- Set a timer for 15 minutes. Read and interpret results between 15 - 30 minutes. Readings after 30 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
- Wash your hands.

Artron Antigen Test – Visual Instructions

- Video on how to perform the Artron test can be found at the link below:
  https://youtu.be/2wjWR6EO0M4
- Link to visual instructions (see also page 5): **http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_Tests/POC_screening/RapidTestInstructions_Artron.pdf**

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Before you start

- Keep this test kit at room temperature or anywhere between 2ºC - 30ºC (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.

- 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**

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

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:

- Artron test kit:
  1x test device
  1x sterile swab
  1x test tube (sealed with fluid)
  1x test tube cap
  1x test tube rack (if provided)
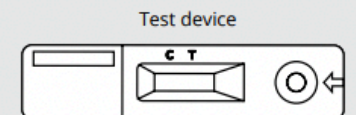
- a timer
- garbage can
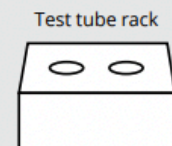- small glass or cup (optional)

Artron test kit includes:

Test device

Cap   Test tube   Sterile swab
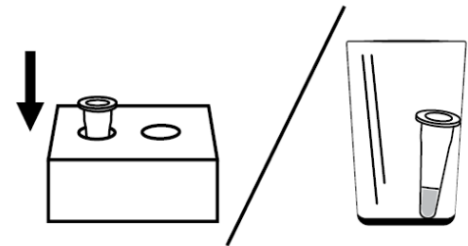
Test tube rack

Timer   Garbage can   Glass or cup (optional)

02.22.2022

3 Peel off the foil seal from the test tube.

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 1.5cm (3/4 inch).
4. Place the swab against the inside of your nose to sample nasal fluid. Gently and slowly rotate 5 times.
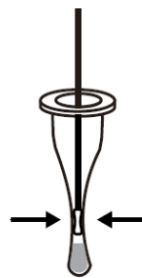5. Repeat in your other nostril with the same swab.

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

70° **x5** **x5**

1 **2**

1.5cm
or 3/4"
up nostrils
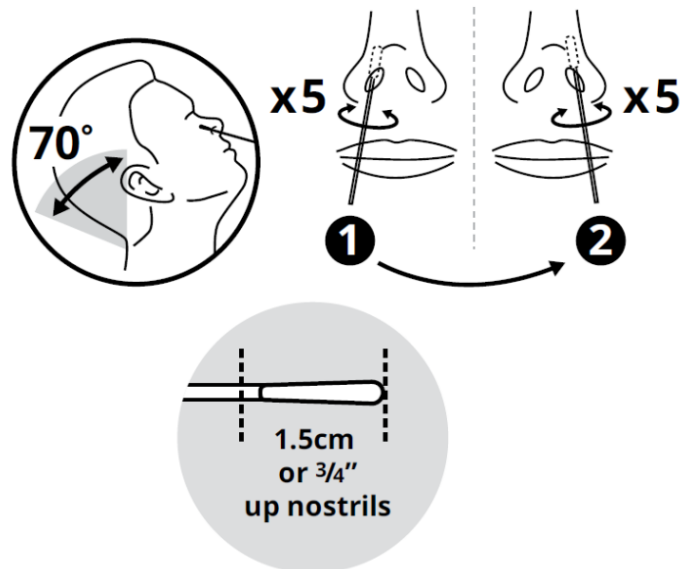
6 Gently insert the cotton end of the swab into the test tube:

x 10
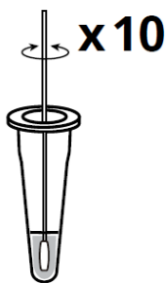
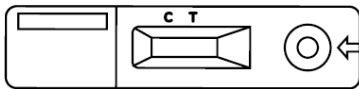1. Swirl the swab tip **gently and slowly** in the buffer fluid 10 times.

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

3. Push cap firmly on to test tube to seal it.

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

8 Hold the tube directly over the test device, with cap pointing straight down. Slowly squeeze 4 drops onto the circle of the test device.
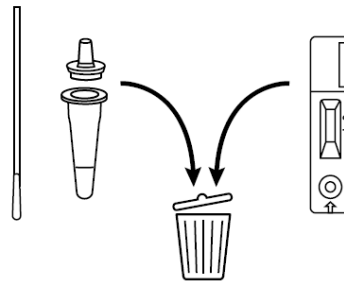
Do not let the test tube touch the circle.
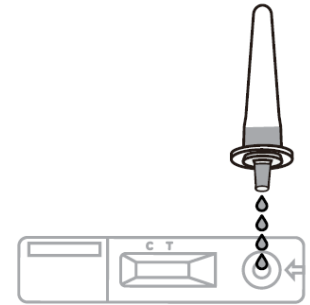
9 Set your timer for 30 minutes and check your results. Do not move the test device during this time. Readings after 30 minutes may not be accurate.

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 purple.

Monitor the test device after setting your timer. Test results can take up to 30 minutes. Positive results may appear sooner.

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

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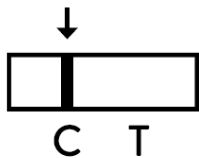
If your result is negative, it means that COVID-19 was not detected. It is still possible that you have COVID-19.

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

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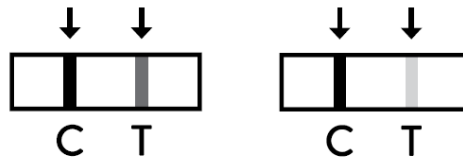
A positive result means you likely have COVID-19 and you could pass it on to others.

You need to:
1. Self-isolate and manage your symptoms
2. Check if you may benefit from treatment
3. Report your result

For more information on next steps, visit **bccdc.ca/ifyouhavecovid**

Invalid result

The control line (C) is NOT present

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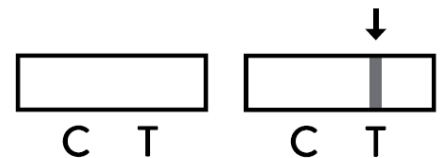
If your test is not valid, discard all the pieces from the first test. Wash your hands and repeat the process using the second set of test pieces. Follow the test instructions again.

If you have two invalid test results, get tested at a COVID-19 testing location. Find a testing location at: **healthlinkbc.ca/covid19test**

Test Results

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

Negative result

- If your result is negative, it means COVID-19 was not detected. **However, 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.

Positive result

If your result is positive, it means COVID-19 was detected. You likely have COVID-19 and you could pass it on to others.

- **If you are fully vaccinated or under 18 years of age**: Self-isolate for at **least 5 days** from the first day you had symptoms. Avoid non-essential visits to higher risk settings, such as long term care facilities, for an additional 5 days after ending isolation.

- **If you are not fully vaccinated and 18 years of age or older:** Self-isolate for **at least 10 days** from the first day you had symptoms.

Report your results

Reporting COVID-19 test results is no longer required.

Do I qualify for treatment?

If you have recently tested positive for COVID-19, visit the COVID-19 Treatments webpage to see if you may benefit from COVID-19 treatment here https://www2.gov.bc.ca/gov/content/covid-19/vaccine/treatments. Treatment for mild symptoms to prevent severe disease in high risk individuals needs to be started soon after your positive test. Please contact your Health Care Provider to discuss. If you test positive on a weekend, call the **FNHA Virtual Doctor of the Day. Call 1-855-344-3800 to discuss if you could benefit from early treatment.**

Questions

If you have any health-related questions, please contact your regular health care provider. If you do not have a regular primary care provider, please connect with the **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 Sibylle, our Community Health Nurse at 604-353-5314.

Handouts

- What to do after your COVID-19 Test (pg. 10)

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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

If you test negative

Stay home until your symptoms improve and you feel well enough to return to regular activities.
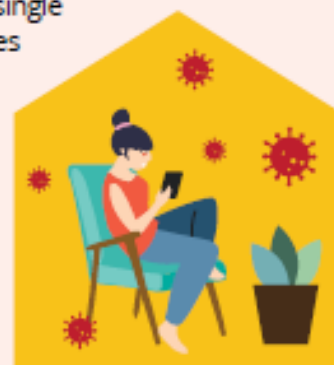
If you test positive

Fully vaccinated people and people younger than 18 years of age: self-isolate for **at least 5 days** from the first day you had symptoms or from the first day of your test, if you do not have symptoms.

Avoid non-essential high-risk settings and individuals at higher risk for severe illness for 10 days after the start of your symptoms or day of your test. This guidance is intended to prevent non-essential visits and does not apply to essential workers.

People aged 18 years and older who are not fully vaccinated: self-isolate for **at least 10 days** from the first day you had symptoms or from the first day of your test, if you did not have symptoms.

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

Fully vaccinated means: you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

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

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How long to self-isolate

If you test negative

Stay home until your symptoms improve and you feel well enough to return to regular activities.

If you test positive

Fully vaccinated people and people younger than 18 years of age: self-isolate for at least 5 days from the first day you had symptoms or from the first day of your test, if you do not have symptoms.

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March 10, 2022