

Ćećawət Ieləm - Helping House COVID-19 Pandemic Information



COVID-19 BTNX Rapid Testing Toolkit

12 April 2022

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BTNX 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: <ul style="list-style-type: none">• Fever and chills• Cough• Loss of sense of smell or taste• Difficulty breathing	Other symptoms may include: <ul style="list-style-type: none">• Sore throat• Loss of appetite• Extreme fatigue or tiredness• Body aches• Nausea or vomiting• Diarrhea
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The following pages will provide you with instructions on how to perform the **BTNX Test** at home and what to do after your test

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

Performing Your BTNX 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 BTNX Rapid Antigen Tests contains supplies for 5 tests. Make sure you only open the items you'll need.**

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 for **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 BTNX test can be found at the link below:
<https://youtu.be/lyucYcmXSXw>
- 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

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



- 繁體中文
- 简体中文
- ਪੰਜਾਬੀ
- Việt Ngữ
- español
- ትግርኛ

- français
- 한국어
- عربي
- فارسی
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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.

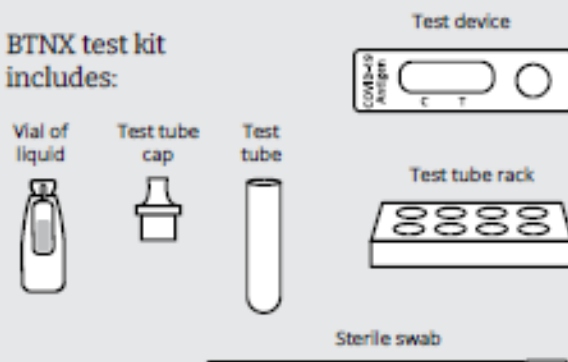
Instructions

- 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)

BTNX test kit includes:



Timer



Garbage can



Glass or cup (optional)

COVID-19

Rapid antigen at-home test instructions

BTNX Rapid Response®



BC Centre for Disease Control
Provincial Health Services Authority

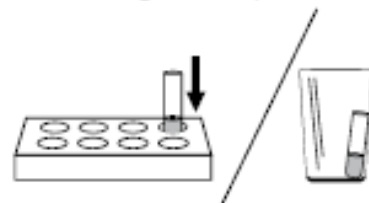
- 3** Twist the top off the vial of liquid.



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



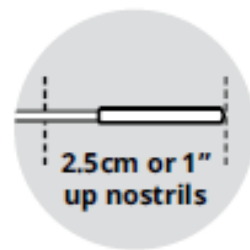
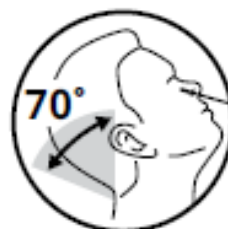
- 5** Place filled test tube in the assembled test tube rack or a clean glass or cup.



- 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.

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.



Left side

5 seconds + 5 seconds

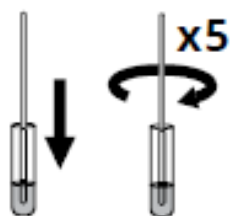


Right side

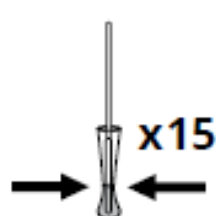
5 seconds + 5 seconds



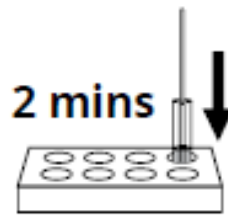
- 7** Gently insert the cotton end of the swab into the test tube:



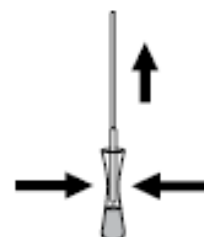
- 1** Gently and slowly swirl the swab in the liquid 5 times, pressing it against the side of the tube. Avoid splashes.



- 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.

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](https://www2.gov.bc.ca/gov/content/covid-19/vaccine/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. 9)

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

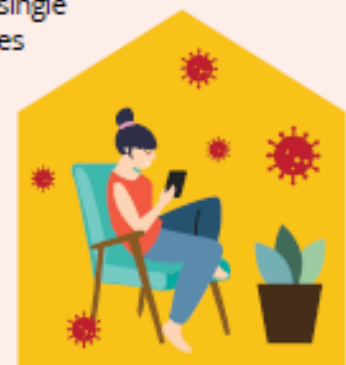
Fully vaccinated people and people younger than 18 years of age: self-isolate for at least 5 days from the first day you had symptoms or from the first day of your test, if you do not have symptoms.

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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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.