![First Nations Health Authority logo] **First Nations Health Authority** — *Health through wellness*

How to Use the BTNX At-Home Rapid Test

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.

- During the test, do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face.

- 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.

_____

Instructions

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

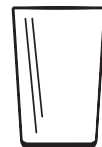**2** Assemble the materials in the kit for your test. You will also need a clock to time the test, a garbage can and a clean glass or cup.
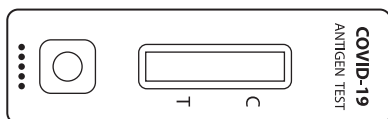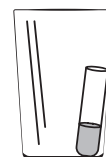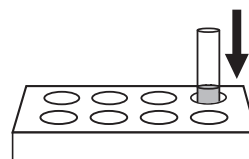

Timer   Garbage Can   Glass or Cup

2A. Remove the test strip from its package and place it face up on a clean and flat surface.

COVID-19 ANTIGEN TEST

2B. Place a new empty test tube upright in a test tube rack or clean cup.

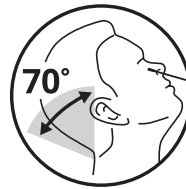**2C.** Twist the top off the vial of liquid.

2D. Empty the liquid from the buffer vial into the test tube.

---

3 **Swab both nostrils.**

A. Remove the swab from its package. Do not touch the swab tip.

B. Tilt your head back. Insert the cotton end of the swab straight back (not up) into one nostril. Stop when you can't go any further. This should not be painful.

C. 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.

D. Remove the swab and repeat same steps in the other nostril.
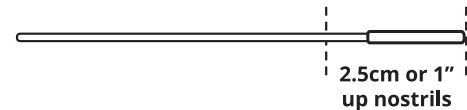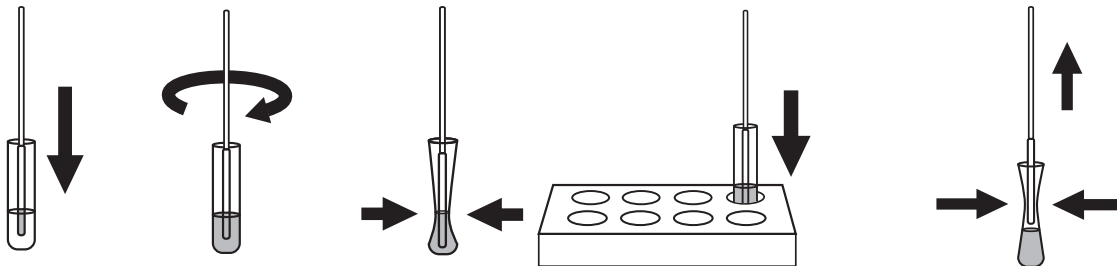
Do not use the swab for testing if there is any blood on it. Blow your nose and use a new swab. If you have had a nose bleed, wait 24 hours before testing.

Left side

5 seconds **+** **5** seconds

Right side

5 seconds **+** **5** seconds

70°

2.5cm or 1"
up nostrils

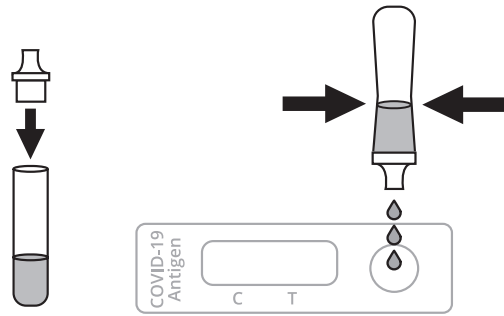**4** **Insert the cotton end of the swab in the tube.**

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

B. With the swab inside, pinch the outside of the tube against the swab tip 10-15 times.

C. Leave the swab in the tube. Place the tube back in the test tube rack. Leave it for 2 minutes.

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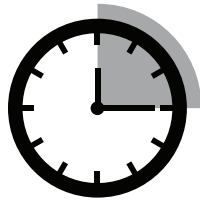
2

5 **Drop liquid onto test strip.**

A. Attach the cap securely onto tube.

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

B. Hold the tube directly over the test device, with cap pointing straight down. Slowly squeeze 3 drops onto the circle of the test device.

Do not let the test tube touch the circle.

COVID-19 Antigen

C   T

---

6 **Set a timer for 15 minutes.**

Do NOT read results before 15 minutes or after as it may give the wrong result.

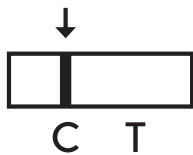
7 **Wash your hands**

---

8 **Read your results.**

A. It does not matter which line appeared first or how faint the lines look.

B. Seek medical care if you feel you need it, regardless of whether you test positive or negative.
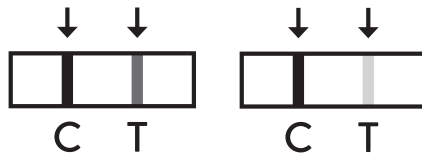
Negative Result
Only the control line (C) appears.

C   T

Positive Result
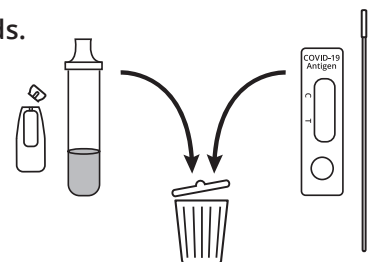Control line (C) and the Test line (T) appear.

C   T   C   T

Invalid Result
The Control line (C) is NOT present.

C   T   C   T

---

9 **Dispose of test materials in the garbage and wash your hands.**
Do not reuse materials.

COVID-19 Antigen

Negative Result

If your result is negative, it means the COVID-19 virus was not detected at the time the test was taken. This could be because there was not enough virus in your body for the swab to pick it up or that you do not have the virus. It is still possible that you have COVID-19. If you test negative but continue to have cold or flu-like symptoms, the FNHA recommends you test again in 24 to 48 hours.

Even if the test is negative, it is important to self-isolate until your symptoms improve and you feel well enough to return to regular activities. Symptoms might be from other respiratory illnesses that can also make others sick.

If you are a close contact of someone who has COVID-19, you still need to self-isolate for 10 days from the day you had contact with that person *unless* you are fully vaccinated or had COVID-19 within the last 90 days.

Positive Result

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

Next steps:

- self-isolate
- manage symptoms
- notify close contacts
- [report positive test results](#)

Learn more about the above steps at: [COVID-19 Testing](#) (FNHA.ca)

Invalid Result

If your test is not valid:

1. discard all the pieces from the first test

2. wash your hands and repeat the process using the second set of test pieces

3. follow the test instructions again

If you have two invalid test results, get a COVID-19 test at a testing location. [Find a Health Authority testing location.](#) If you are served by a First Nations health centre, check to see if testing is available there.

Watch a video about how to use the BTNX test:

https://www.youtube.com/watch?v=ikEK2EC_okc