Lucira Check It At-Home COVID-19 Testing Kits

First Nations Health Authority
Health through wellness

What is a Lucira At-Home Check It Test?

Like many self-testing COVID-19 kits available in BC, Lucira's Check It testing kit is intended to allow individuals to test themselves for COVID-19. This product is being distributed to First Nations communities in BC in support of rapid testing for communities who do not have a community health nurse.

How does it work?

The Lucira Check It test is a molecular-based COVID-19 kit, which means it detects COVID-19 genetic material gathered from nasal swab samples. It works by first making copies of the virus' genetic material, called "amplifying." This amplifying allows for very reliable detection of small amounts of COVID-19 virus in your body, which is why false negatives and positives (incorrect test results) are less likely than rapid antigen tests.

How does this test compare to Rapid Antigen Tests?

Rapid Antigen Tests, often called RATs, are highly dependent on the actual viral load in your body. RATs do not amplify the virus, so they are not able to detect small amounts of COVID-19.

RATs are less sensitive than molecular-based COVID-19 tests and are more likely to produce false negatives, especially in the early stages of infection where viral load may not be high enough to be detected.

When should a Lucira Check It test be used?

Depending on supply, Check It use should be prioritized in community for symptomatic people who are at a higher risk of severe illness and/or who are potentially eligible for treatment. Check It has been deployed to communities that have limited access to a testing facility in your regional health authority or does not have a community health nurse with access to molecular testing (GeneXpert, ID NOW, Regional Health Authority PCR swab transport)

You can use a Check It test to support early self-diagnosis of COVID-19.

If you test positive on a Check It test, you can use the COVID-19 Treatment Self-Assessment Test to determine whether you may qualify for treatment. You may also wish to speak to your primary care provider.

If you do not have a primary care provider, you can also access Service BC: 1-888-COVID-19 (7:30 a.m. to 8 p.m.) to help with the treatment screening or First Nations Virtual Doctor of the Day.

Instructions for use

Choose a location to do this test where it can sit undisturbed for 30 minutes. Please read all of these instructions carefully before you begin. Be sure to wash and dry your hands before use.
Make sure your test kit contains:

- 2 "AA" batteries
- Test unit (pouch 1)
- Sample vial (pouch 2)
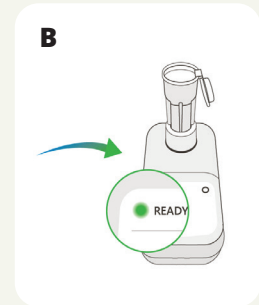- Swab (labeled 3)
- Plastic disposal bag.

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1 **Set Up Your Test**

Remove the test unit from pouch 1.

- Open the battery door and insert the batteries.
- Check that the Ready light is on.

Open sample vial from pouch 2.

A. Remove the sample vial seal.

B. Then gently set in test unit but do not push the vial down.


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2 **Swab Both Nostrils**

For this test to work properly, it's important you swab both nostrils.

- Remove swab and hold with handle end. Do not set swab down.
- Tilt your head back and gently insert the swab tip until it is fully inside your nostril and you meet resistance.

A. Once the swab tip is fully inside the nostril, roll the swab five (5) times around the inside walls of your nostril. The swab should be touching the walls of the nostril as you rotate.

- Repeat step in the other nostril, rotating five (5) times in both nostrils.
- Make sure to roll around inside the nostril walls to collect a good sample.
- Adults should swab for children under 13.
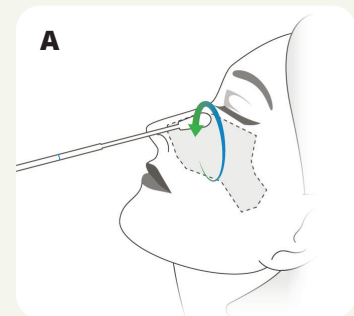
3 **Stir Swab and Run Test**

Insert swab into the sample vial until it touches the bottom.

A. Mix the sample by stirring around the sample vial fifteen (15) times.

■ Discard the swab.

■ Snap cap closed and press the vial down into the test unit until
it clicks.

B. The Ready light will start blinking when the test is running.

■ If the Ready light is not blinking within five (5) seconds, use the
palm of your hand to press down more firmly to start the test.

■ Do not move the test unit once the test has started running.

■ Wait 30 minutes.
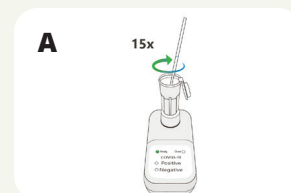
3 **Read and Report the Results**

The **Done** light will display when the test is ready in 30 minutes.

○ Ready Done ●	○ Ready Done ●	● Ready Done ●
COVID-19	**COVID-19**	**COVID-19**
● Positive	○ Positive	● Positive
○ Negative	● Negative	● Negative
Positive Result	**Negative Result**	**Invalid Result**
Positive light displays	*Negative light displays*	*All lights flashing*

Negative Result

A negative result means the virus that causes COVID-19 was not found in your sample. However, it is possible for this test to give a negative result that is incorrect (a false negative) in some people with COVID-19. This means you could possibly still have COVID-19 even though the test is negative. If this is the case, you may need to consult with your health care provider to develop a plan of care that works for you. Factors such as eligibility for treatment, health/medication history, or exposure history may affect next steps.

Positive Result

It is very likely you have COVID-19 and it is important to connect to a prescriber if you think you are eligible for treatment. It is likely you will be asked to isolate yourself at home to avoid spreading the virus to others. There is a very small chance that this test can give a positive result that is wrong (a false positive). Your healthcare provider will work with you to develop treatment plans based on your test results along with your medical history and your symptoms.

Next steps to a Positive Result:

■ Self-isolate

■ Manage your symptoms

■ Notify your close contacts (so they can be tested)

In either case (positive or negative), place the test unit and all materials used into a disposal bag and seal it so that others will not touch it. Then dispose of the bag in the garbage.

Learn more about all forms of COVID-19 Testing at FNHA.ca:
https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/covid-19-testing