

Performing your rapid antigen test for COVID-19 using Abbott PanBio

Your testing kit contains:



Nasal swab



Test tube with small amount of clear liquid



Test cartridge

You will need:

- A clean, level surface
- Paper towel
- Hand sanitizer
- A timer or clock

Scan this QR code for an instructional video



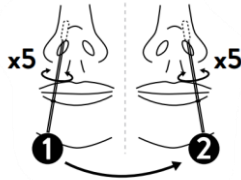
Before you start

- Sanitize your hands
- Lay paper towel on a clean, level surface

- Open the contents of your testing kit
- Remove the test cartridge from the wrapper
- Write your name with marker or pencil on the cartridge if testing more than one person

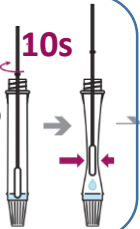
STEP 1

Insert the swab into your nostril, approximately 2cm. Rub and rotate the swab 5 times around and repeat for the other nostril (your eyes may water).



STEP 2

Gently tap the test tube to bring the fluid to the bottom. Remove blue cap. Immerse swab tip into liquid, swirling up and down for 10 seconds. Pinch tube around swab to squeeze out remaining liquid.



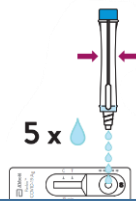
STEP 3

Find the break line on the swab handle and snap the swab here. Replace the blue cap, with the swab remaining inside of the tube.



STEP 4

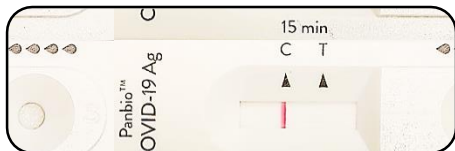
Twist off the white dropper cap from the bottom of the test tube. Gently squeeze 5 drops into the round well of the test cartridge.



STEP 5: Let the sample move across the white strip. After a total of 15 minutes, you can determine the result. When finished, put testing supplies in the garbage, sanitize your hands, and clean your testing space.

NEGATIVE Result

One line at the C mark, no line at the T mark.



A negative test still means you have to wear a mask, wash your hands, and social distance 6 feet/2 metres. A negative test is only valid for the day. You could become positive after today. If you develop symptoms at any point, or have a known COVID contact, you must get a lab-based test (book online or through 811).

POSITIVE Result (Virus detected)

Two lines: one at the C mark, one at the T mark.



You must immediately self isolate and schedule a lab-based test using the NSH booking website or by calling 811. Employers must notify Public Health of a positive result by contacting: publichealthPOCT@nshealth.ca

INVALID Result

If your test result does not match either the NEGATIVE or POSITIVE examples, the test may not have worked. In that case, please contact us for advice: publichealthPOCT@nshealth.ca

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instructional video



**Keep testing kit out of reach
of children and pets –
do not drink test fluid**