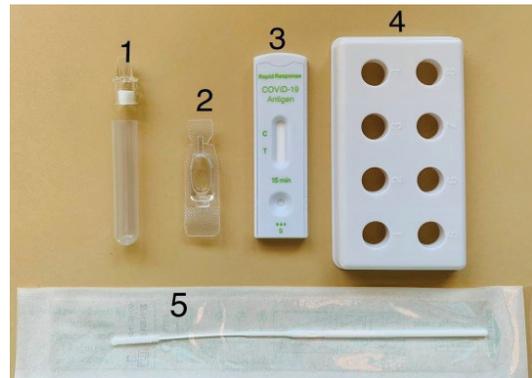


Collecting a Specimen using a COVID-19 self-test kit

There are two areas from which to collect a specimen for COVID-19 self-testing, also known as a Rapid Antigen Test: your nose (nares) and your throat. Evidence has shown that although both methods are acceptable, getting a sample from both the nares and throat provides better results for detecting COVID-19 and the Omicron variant.

If you choose to swab only one area, it must be your nose, as a throat swab alone will not provide accurate results.

- 1. Do not eat, drink, vape, smoke, brush teeth or chew gum 30 minutes prior to testing.**
- 2. Wash your hands.**
- 3. Prepare your testing area and lay out the supplies you will need on a clean surface.**
 - Prepare the test according to the package instructions.
 - Although different brands of tests may differ, most require a buffer (solution) to be added to the tube and placed in the rack to be ready to place the swab inside.
- 4. Swab your throat.**
 - Swab the back of your throat (tonsil area) for 5 seconds on each side.
 - Avoid touching the swab to your tongue, teeth and lips.
- 5. Swab both sides of your nose.**
 - Use the same swab as you used for your throat.
 - Insert the swab about 1cm, rotate 5 times, remove, and repeat on the other side.
- 6. Place the swab in the sample tube.**
 - Follow the package instructions for adding the drops to the test device and waiting the correct amount of time to read the test results.
- 7. If your test is positive – you do not need to go for further testing or a confirmatory PCR test.**
 - Refer to the Ministry of Health’s Self-Testing [webpage](#) for more information.



ALERT: Some self-test kits have a shorter 3 inch swab stick that should not be used for throat swabbing. If your kit has a shorter swab stick, swab only your nose.

