



Questions and Answers

1. **Why should I test my household?**

A: Routine, voluntary testing at home will help prevent transmission and help keep your home, workplace, schools and communities safe. It is important that this test be done for your own health as well as to put in safety measures to keep your family safe from further spread.

2. **How long does it take for testing results?**

A: The self-test takes approximately 15 minutes to produce an easy to read result.

3. **How often should we test?**

A: The Saskatchewan Health Authority (SHA) recommends self-testing each member of the household one to two times per week.

4. **Are these tests safe?**

A: Yes, the self-test is a gentle swab on the inside of the nose that is easy to perform and completely safe.

5. **Is there a cost for the testing supplies?**

A: No, the self-testing kits are provided at no cost to your household.

6. **What do I do if someone in my household tests positive?**

A: It is recommended that anyone who tests positive for COVID-19 immediately self-isolates for five days from the date of test or 24 hours since any fever has resolved (without the aid of fever-reducing medications) and all other symptoms are improving for at least 48 hours, whichever is later. Notify your contacts so that they may self-monitor or test. Information on how to self-manage is available at [Saskatchewan.ca/covid19](https://saskatchewan.ca/covid19)

7. **How do I dispose of the used tests?**

A: You can dispose of the testing supplies in your standard garbage.

8. **Who can we reach out to if we have questions about testing?**

A: You can visit the Government of Saskatchewan's website at [Saskatchewan.ca/covid19](https://saskatchewan.ca/covid19).

9. **Can a household pick up more than one kit?**

A: The recommendation is that individuals may do self-testing one to two times a week. Depending on the size of your household, one or two testing kits (5 to 10 tests) can be picked up at a time. Please take no more tests than you plan on using in the immediate future..

10. **Where are the self-testing kit pick up locations and stock availability listed?**

A: A list of the self-testing kit pick up locations and self-testing kit stock availability are posted on the [Government of Saskatchewan's Self-Testing website page](#). Please check the website for self-testing kit stock availability prior to visiting a public distribution centre to make sure kits are available.