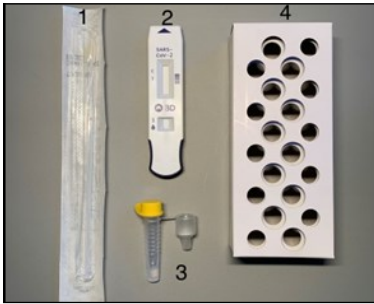


COVID-19 Self-Testing Instructions BD Veritor™

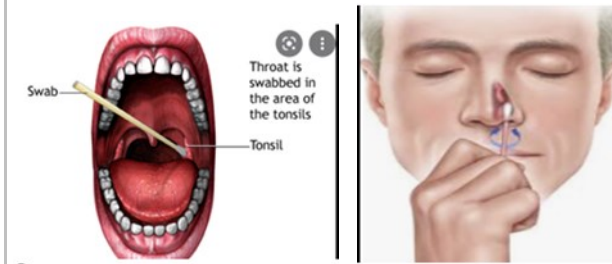
Follow these five steps to complete the COVID-19 self-test using the BD Veritor™ rapid antigen test kit.

Step 1. Prepare supplies



Wash hands before starting. Prepare your testing area and lay out the supplies you will need on a clean surface:
1. Nasal swab 2. Testing Device 3. Tube with fluid 4. Tube rack

Step 2. Obtain throat / nares swab



Swab the back of the throat (avoiding the tongue, teeth and lips) in the tonsillar area for 5 seconds on each side. Swab the nares using the same swab. Insert swab about 1 cm into the nares, rotate 5 times, remove and repeat on the other side.

Step 3. Place the swab into the tube



Remove yellow cap from the tube and insert the swab. Vigorously plunge the swab up and down in the fluid for 15 seconds. Remove the swab from the test tube, squeezing the swab as it is taken out. Dispose of the nasal swab. Snap on the attached dispensing tip firmly to cover the top of the tube.

Step 4. Apply fluid to test device



Swirl the tube to mix contents, then squeeze 3 drops of fluid from the test tube onto the specimen well of the test device.

Step 5. Read test result



Read results after 15 minutes. One red line (C) - indicates a negative result. Two red lines (C and T) - indicates a positive result. One line (T) - is an invalid test (the test will need to be re-done).

Positive test? Positive results do not require a confirmatory PCR test. Refer to the [Ministry of Health's Self-Testing Guidelines](#) for advice on how to proceed once results are displayed and test processing time is complete.