



Self-Testing Guide

COVID-19 is still present throughout Saskatchewan, although in declining numbers. Rapid antigen testing remains an important tool to screen for COVID-19 presence. The test kits are safe, easy to use and provide a result in 15 minutes.

Rapid Antigen Test kits can be obtained from over 600 test locations across the province; please visit the [Government of Saskatchewan's Self-Testing website](#) for information on the locations.

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 health as well as to put in safety measures to keep your family safe from further spread.

2. Who can I test?

A: The testing kits are to be used for testing each member of your household (symptomatic and asymptomatic individuals)

3. How to test? Is training required?

A: Step-by-step instructions are included in the Test Kits. No formal training is required. Additionally, a self-testing example [video](#) can be found at <https://youtu.be/2nKI31w9BPA>.

A: It is recommended that you take a throat and nares swab. That is taking a swab of your throat first, then using the same swab take a sample from your nostril. Instructions can be found on this link [Throat Nares Collection](#)

4. How often should we test?

A: It is recommended for routine testing once per week when asymptomatic (without symptoms), testing when mildly symptomatic, or testing prior to attending a large gathering.

5. Are these tests safe?

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

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

A: Regardless of vaccination status, it is recommended you self-isolate for five days from the date of test or 24 hours after fever has resolved without the aid of fever-reducing medications and all other symptoms have been improving for at least 48 hours, whichever is later.

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 self-testing?

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

July, 2022

saskatchewan.ca/COVID19