Welcome to the Test to Protect Self-Testing Program!

COVID-19 is still present throughout Saskatchewan. Self-testing is done using a rapid antigen test kit. It is safe, easy to use, provides fast results within 15 minutes, and most importantly, is gentle. Self-tests can be done almost anywhere, at any time to see if you may have COVID-19. The Saskatchewan Health Authority (SHA) recommends routine self-testing one to two times per week for each member in your household who do not have COVID-19 related symptoms.

For self-testing kit pick up locations and availability, please visit the Government of Saskatchewan’s Self-Testing website.

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. **Do we need to take training?**
   A: Step-by-step instructions for COVID-19 BD Veritor™ self-testing is located on the other side of this guide. Additionally, a self-testing example video can be found at https://youtu.be/2nKi31w9BPA.

4. **How often should we test?**
   A: The SHA recommends self-testing each member of the household one to two times per week.

5. **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.

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.

9. **Can self-tests be used to provide proof of a negative COVID-19 test result?**
   A: Provincially supplied negative self-tests (rapid antigen tests) will not be accepted as valid proof of negative COVID-19 test results. However, test results purchased through an approved testing provider, or a user-paid monitored testing program will be accepted.