



# Self-Testing Key Messages and Questions and Answers for Parents and Schools

## Test to Protect and Self-Testing Key Messages

- Protect yourself and those you care about by routinely getting tested for COVID-19, even if you are vaccinated. Routine, voluntary testing at home, work or school will help prevent transmission to those who are not able to be vaccinated, and help keep your home, workplace, schools and communities safe.
- Regular testing allows individuals to be diagnosed and receive treatment more quickly. This will ultimately help reduce the spread of COVID-19, become protected against exposure of COVID variants and minimize the risk of more variants developing or spreading in Saskatchewan.
- It's vital to protect our most vulnerable from COVID-19 by being fully immunized, if you are eligible, and getting tested to make sure that we can reduce the number and impact of future COVID-19 outbreaks.
- Continuing to get tested is an important element of a multi-layered approach to help prevent COVID-19 transmissions when used along with all the other lines of defense, including limited gatherings, physical distancing, voluntarily wearing a mask, washing your hands often, staying home if you are unwell and getting fully vaccinated against COVID-19.
- Self-testing is done using a rapid antigen test kit. Self-testing 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. Weekly self-testing is recommended for individuals who do not have COVID-19 related symptoms.
- Self-tests can detect viral COVID-19 molecules from just inside your nose. While these tests do not diagnose COVID-19, they are effective in screening people who may be COVID-positive, but have no symptoms and require further investigation.
- If you receive a positive result on a self-test (rapid antigen test), please call HealthLine 811 for directions on masking, isolation and arrange to receive a confirmatory lab polymerase chain reaction (PCR) test through a Saskatchewan Health Authority COVID-19 testing centre. Visit [Saskatchewan.ca/covid19-testing](https://saskatchewan.ca/covid19-testing) for additional information.
- For more information, please visit the [Government of Saskatchewan's webpage on self-testing in schools](#) or contact the Saskatchewan Health Authority Community Antigen Testing Team by email at [antigentestingintake@saskhealthauthority.ca](mailto:antigentestingintake@saskhealthauthority.ca).

## Questions and Answers for Parents

### 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 who do not have any COVID-19 related symptoms.

### 3. How many tests are in a kit?



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A: Each testing kit contains 25 individual tests.

**4. Do we need to take training?**

A: A one page step by step information sheet is provided. Additionally, a self-testing example [video](#) can be found at <https://youtu.be/2nKI31w9BPA>.

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

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

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

A: Weekly self-testing is recommended for each member of the household.

**7. 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.

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

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

**9. How do I access a household testing kit?**

A: Your school will provide instructions for pick-up.

**10. Who should I contact when I have used all of the tests in my kit?**

A: Let your school know when you have used up your 25 self-tests.

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

A: Please review the Self-Test Positive Results handout.

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

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

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

A: You can reach out to our Community Antigen Testing Team by email at [antigentestingintake@saskhealthauthority.ca](mailto:antigentestingintake@saskhealthauthority.ca)



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## Questions and Answers for Schools

- 1. How do schools receive at home self testing kits?**  
A: Schools will receive an initial supply of Self-Testing Kits (Rapid Antigen Test Kits) from your school division.
- 2. What does the school do with supplies once they receive them?**  
A: Schools are to store the self-testing kits in a secure area for distribution to households. Send communication to the eligible households with the toolkit and instructions on how where to pickup kits.
- 3. What are the requirements for a household to receive an at home self-test kit?**  
A: The household has to have a child that is currently 11 years old or under to receive an at home self-testing kit.
- 4. Can a household receive more than one kit if they have more than one child 11 years old or under?**  
A: No, each household should only receive one self-testing kit at a time. The household can request additional testing kits when their tests are depleted.
- 5. Does the school need to track which households receive kits?**  
A: Yes, the school needs to keep a list of the households receiving the kits and the date they were handed out. A simple tracking spreadsheet is available for tracking purposes.
- 6. Is there a limit to the number of test kits available to households?**  
A: At the present time, there is no limit to the amount of kits to be provided to households.
- 7. What does a school do if they are running low on testing kits to handout to households?**  
A: Send in an Antigen Testing Supply form to [antigentestingintake@saskhealthauthority.ca](mailto:antigentestingintake@saskhealthauthority.ca)
- 8. What do we do if a household contacts the school stating they have a positive test result?**  
A: Direct them to call HealthLine 811 and refer to the Self-Test Positive Results handout that came with the box of tests.
- 9. What do we do if a household contacts the school for support in the use of testing supplies?**  
A: Have them send an email to [antigentestingintake@saskhealthauthority.ca](mailto:antigentestingintake@saskhealthauthority.ca).