



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 recommends routine weekly self-testing for each member in your household who do not have COVID-19 related symptoms. If you have any questions, please contact our Community Antigen Testing Team by email at 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. **Do we need to take training?**

A: A one page step by step information sheet is provided.

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

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

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: Please review the Self-Test Positive Results handout (included in package).

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

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

8. **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.

9. **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.

The Self-Testing Program Includes:

- One (1) Self-Testing Kit of 25 tests
- COVID-19 Self-Testing Instructions
- Positive Self-Test Results Handout