



December 15, 2021

Dear Parents/Guardians:

In an effort to promote a safer return to the classroom after the winter break, on behalf of the Government of Ontario, the Nipissing-Parry Sound Catholic District School Board is pleased to be able to provide **take-home rapid antigen screening kits** to every child who attends a publicly-funded school in Ontario.

The rapid antigen screening kits are intended for use by any child that attends a publicly funded school, regardless of their vaccination status. Rapid antigen screening kits are to be distributed to students who participate in in-person learning. This testing option will **not** be available to students who have been learning remotely since September 2021.

Please note, your child's participation in this rapid antigen screening is **voluntary**. Students are not required to participate in order to return to the classroom after the winter break.

While providing students with rapid antigen screening kits is an important tool for managing the spread of COVID-19, vaccination remains the most effective protection against the virus and its variants. Ensuring that children and youth are vaccinated will provide them with a strong level of protection and help to keep schools open and as safe as possible.

It also is important to remember that we all need to continue with key public health strategies that have been effective in keeping this pandemic under control, including staying home when sick, getting tested if you have symptoms, washing your hands frequently and wearing a face covering as required.

Please read the important information below prior to using the rapid antigen screening kit.

**When to Use the Rapid Antigen Screening Kit (distributed prior to the winter break):**

- For students who choose to use rapid antigen screening kits, it is recommended students conduct the rapid antigen tests every 3-4 days over the holiday break, on every Monday and Thursday beginning December 23, until all five tests have been used.
- Rapid antigen screening kits are only to be used when a child is **asymptomatic** (i.e. does not have any symptoms of COVID-19 and has not had any exposure to a confirmed case of COVID-19).
- Anyone with symptoms or who is identified as a close contact of a case should still get PCR testing. Rapid antigen screening tests should not be used as a substitute for PCR tests for people with symptoms or for people who are close contacts of cases.



### **Using the Take-Home Rapid Antigen Screening Kit:**

- The BTNX Rapid Response™ can be performed using anterior nasal swabbing (per the package insert, as approved by Health Canada) or using deep nasal swabbing (as recommended by Public Health Ontario in this document, given higher sensitivity compared to anterior nasal swabbing). Both types of specimen collection can be performed using the NP swab provided with the kit.
- ***Please follow the instructions provided with this letter.***
- **Important note:** Parents or guardians may choose to administer this screening on children who may need help (i.e., younger children).

### **What to do after your test:**

- You will know the outcome of the test within 15 minutes. If test results conducted so far are negative, your child may attend school as usual. Even if your child tests negative, they should continue to adhere to all relevant public health guidance, such as guidance on gathering, distancing, and masking.
- A positive result on a rapid antigen screening test is considered a preliminary positive. A child that receives a positive result on a rapid antigen screening test should seek a confirmatory PCR test as soon as possible (ideally within 48 hours) at a [local testing site](#) or pharmacy that offers testing and isolate themselves until the result of that confirmatory PCR test is known.

We wish each of you a very Merry Christmas and a blessed new year!

Nipissing-Parry Sound Catholic District School Board

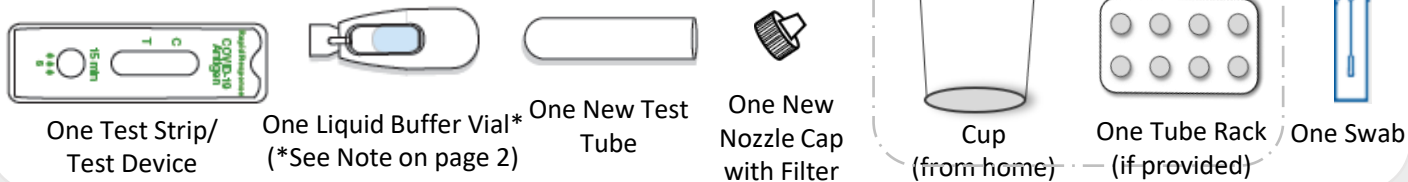
# How to test yourself with BTNX Rapid Response™ COVID-19 Rapid Antigen Test At Home

This handout explains how to use the BTNX Rapid Response™ COVID-19 rapid antigen test kit on yourself. Before you start:

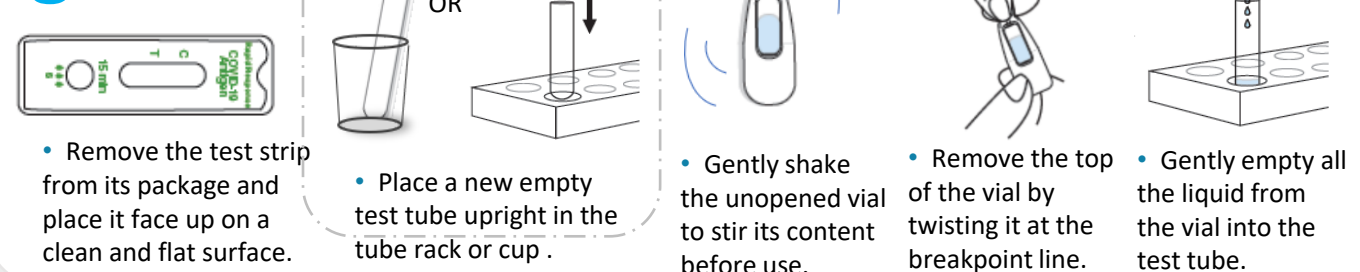
- If you have ANY COVID-19 symptoms or if you have been exposed to someone with COVID-19, **do NOT** use this test kit, and instead get tested at a designated testing location or community lab ([COVID-19 testing locations \(ontario.ca\)](https://www.ontario.ca/covid-19-testing-locations)).
- Make sure your kit has all components needed (see Step 2) and that none of the materials are expired or damaged.
- **BTNX Rapid Response™ can be performed using anterior nasal swabbing** (per the package insert, as approved by Health Canada) **or using deep nasal swabbing** (as recommended by Public Health Ontario in this document, given higher sensitivity compared to anterior nasal swabbing). **Both types of specimen collection can be performed using the NP swab provided with the kit.**
- For information on how to use the BTNX with an **anterior nasal specimen**, users can refer to the product insert and/or a video produced by the manufacturer (noting that this video does not depict self-swabbing): <https://www.youtube.com/watch?v=F7m8L6Tq498>.
- A general instructional video on how to perform self-screening at home can also be viewed here: <https://www.youtube.com/watch?v=XP3aqwO5rJo>.
- Store the kit and its content at room temperature (not in the fridge or freezer) and away from direct sunlight.
- Find a clean area free of foods, drinks, or clutter, and easy to clean in the event of a spill.
- During the test do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face in any way.
- This test is for your own use only, unless you are a parent/guardian whose child is being tested. The Ministry of Health has endorsed the use of these tests by guardians for their children at home, and these instructions can help a parent to assist their child. For any further questions, please contact your local public health unit.

## 1 Blow your nose and then wash your hands for at least 20 seconds.

## 2 Assemble the materials in the kit for your test. This includes:



## 3 Set up your testing area.



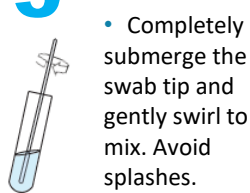
# How to test yourself with BTNX Rapid Response™ COVID-19 Rapid Antigen Test At Home

## 4 Swab both nostrils.

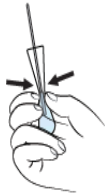
- Remove the swab from its package, keeping the swab tip away from your hands or any other surfaces.
- Tilt your head back and insert the swab straight back (not up) into one nostril. Stop when you meet resistance or when you reach 2.5 cm (distance is shorter in children < 12 years old).
- Turn the swab against the inside of your nose 5-10 times.
- Remove the swab and repeat same steps in the other nostril.



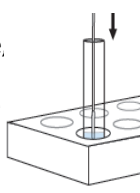
## 5 Mix the sample with the liquid in the tube.



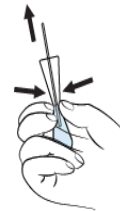
- Completely submerge the swab tip and gently swirl to mix. Avoid splashes.



- Leaving the swab in the tube, press the tube walls against the swab tip about 10-15 times.



- Leaving the swab in the tube, place the tube back in its rack or cup and let the reaction stand for 2 minutes.



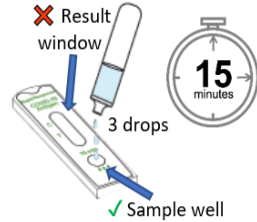
- Pinch the tube using a single hand and pull the swab out of the tube with the other.
- Discard the swab in the garbage.

## 6 Perform the test and wait 15 minutes before reading your results.

- Firmly attach nozzle cap to the test tube. Make sure the nozzle cap is attached correctly to avoid leakage.



- Turn the tube upside down over the circle sample well on the test strip and gently squeeze the tube to put 3 drops into the sample well (**DO NOT** put drops in the result window)
- Set a timer for 15 minutes.\*

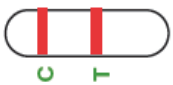


\*Do NOT read results before 15 minutes or after 20 minutes as it may give inaccurate results.

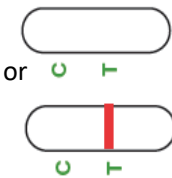
## 7 Read your results. It does not matter which line appeared first or how faint the lines look.



- If only the control line (C) is present, the result is **negative**.



- If both control line (C) and test line (T) are present, the result is **positive**.



- If the control line (C) is not present, result is **not valid** (i.e., the test is not working).



## 8 Act on your result quickly.

- If your result is **negative**, it is less likely that you have COVID-19. You may resume your daily activities while continuing to follow all public health advice.
- If your result is **positive**, you may have COVID-19 and should get a laboratory test at an assessment centre or community lab as soon as possible to confirm your result. Immediately self-isolate until you receive your laboratory test result.
- If your test is **not valid**, repeat the test using a new swab and test strip. You will need to swab your nose again according to the instructions.

## 9 Dispose of test materials in the garbage and wash your hands. Do not reuse materials (except for the tube rack).

### Additional Resources

- [COVID-19 Self-Assessment Tool](#)
- [Self-tests: COVID-19 test and testing location information](#)
- [Testing Yourself for COVID-19](#)

**\*Note:** All products distributed have Health Canada's approval, and when used according to directions, it does not pose a risk to the health of Ontarians. If not used properly (e.g., if the buffer gets in your eyes or mouth), rinse with plenty of water for 15 minutes and contact your healthcare provider or the Ontario Poison Centre at 1-800-268-9017 or 416-813-5900. If the buffer accidentally touches your skin, wash area with plenty of water. The buffer comes in a pre-portioned, sealed vial that minimizes the requirement to handle the buffer and the risk of incorrect buffer use.