



April 11, 2022

Dear Parents/Guardians:

In an effort to promote a safer return to the classroom after the Easter 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.

Please note, your child's participation in this rapid antigen screening is **voluntary**.

Please follow the important instructions provided with this letter prior to using the rapid antigen screening kit. **Important note:** Parents or guardians may choose to administer this screening for 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 on two consecutive tests, separated by 24-48 hours, are **negative**, it's less likely you have COVID-19. Self-isolate until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if gastrointestinal symptoms). After two negative tests, your household members may also end their isolation, as long as they do not have symptoms.
- If you test **positive**, it's very likely that you have COVID-19. You and your household members are required to self-isolate, as per self-isolation directions for individuals with COVID-19 symptoms and their household members. Please visit the [North Bay Parry Sound District Health Unit's website](#) for more information.
- Positive rapid antigen tests do NOT need to be confirmed by PCR/rapid molecular test and do not need to be reported to the Health Unit.

Please visit the [North Bay Parry Sound District Health Unit's website](#) for information on vaccine clinics in the area.

We wish each of you a very blessed Easter!

Nipissing-Parry Sound Catholic District School Board

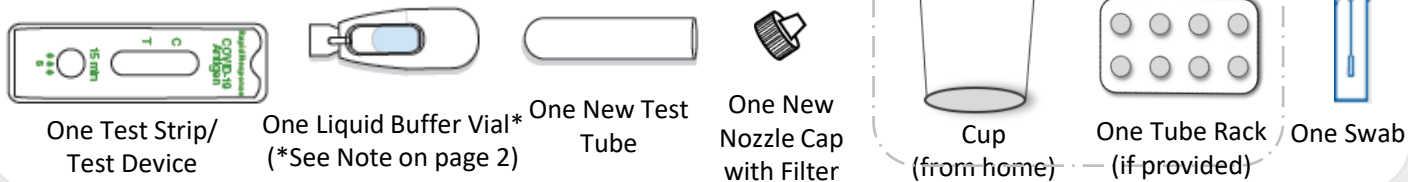
How to test yourself with BTNX Rapid Response™ COVID-19 Rapid Antigen Test At Home

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.

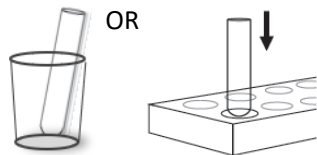
2 Assemble the materials in the kit for your test. This includes:



3 Set up your testing area.



- Remove the test strip from its package and place it face up on a clean and flat surface.



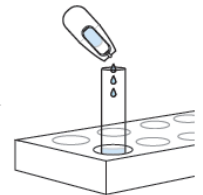
- Place a new empty test tube upright in the tube rack or cup.



- Gently shake the unopened vial to stir its content before use.



- Remove the top of the vial by twisting it at the breakpoint line.



- Gently empty all the liquid from the vial into the test tube.

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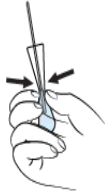
4 Swab both nostrils.

- 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.

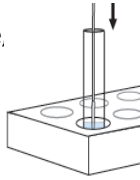


5 Mix the sample with the liquid in the tube.

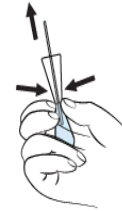
- Completely submerge the swab tip and gently swirl to mix. Avoid splashes.



- 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.



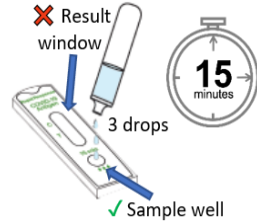
- Pinch the tube using a single hand and pull the swab out of the tube with the other.
- Discard the swab in the garbage.

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.

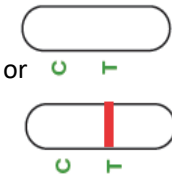
7 Read your results. It does not matter which line appeared first or how faint the lines look.



- 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.