

# QuickVue at-home rapid COVID-19 test

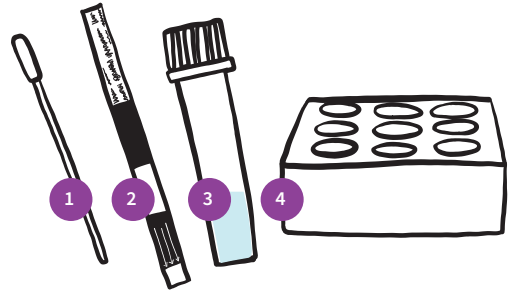
**Note:**  
It is important to follow the instructions carefully for accurate results.

### Your testing kit contains:

1. nose swab
2. test strip
3. tube with small amount of liquid
4. tube holder (If your test does not come with a tube holder, please find a suitable container to prevent the tube from spilling.)

### You will need:

- ✓ hand sanitizer
- ✓ paper towel
- ✓ timer or clock



Adapted from QuickVue product insert — Updated Jan. 19, 2022

**Do not eat or drink for at least 30 minutes before taking the test.**

### Before you start:

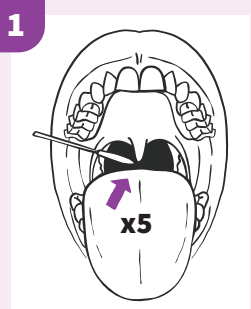
- ✓ Clean your hands.
- ✓ Open the contents of your testing kit.
- ✓ Remove cap from one pre-filled tube and place back in the tube holder.
- ✓ Peel open the wrapper from the nasal swab. **Do not touch the swab head or remove the nasal swab until ready for sample collection.**

Scan this QR code for an instructional video:  
[testtoprotect.ca/quickvue](https://testtoprotect.ca/quickvue)



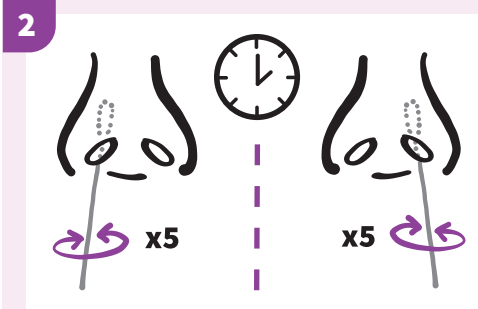
### Note:

For better accuracy of the test, we recommend swabbing both the throat and nostril using the same swab. If you choose to only swab one spot, it must be your nostril (throat swab alone will not give accurate results).



Tilt your head back, and open your mouth.

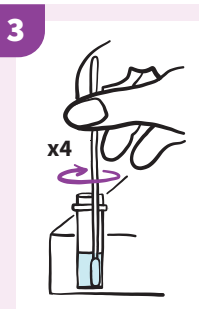
Without touching the sides of your mouth or tongue, use the swab to rub the back of your throat (area shaded black in the drawing) **5 times back and forth** (this may cause you to gag).



Using the same swab, gently put the swab into your nostril about 2cm (for small children, just put the swab into the nostril).

Rub the swab around the inside wall of each nostril at least **5 times**.

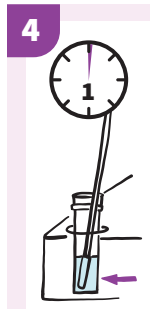
Take approximately **15 seconds** to collect the sample.



Immediately place the swab into the open pre-filled tube.

Be sure the swab is touching the bottom of the tube.

Stir swab **3 or 4 times**.



After stirring, leave the swab in the tube for at least **one minute**.

Use a timer or watch.

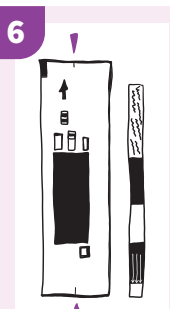
**Note:**  
This step is **very important**, do not remove the swab prior to one minute.



After **one minute**, carefully remove the swab from the tube.

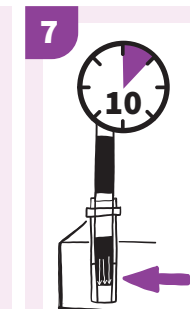
As you remove the swab, rub the swab head against the wall of the tube to squeeze out as much liquid as possible. **Do not touch the swab head.**

Immediately discard the swab into the garbage.



Prepare the test strip by opening the strip pouch carefully at the **TEAR HERE** mark.

Remove the test strip carefully and only hold the top portion of the strip.



Place the test strip into the open pre-filled tube with the arrows pointing down.

Leave the strip in the tube for **10 minutes**.

**Do not handle or move the strip until the 10 minutes is complete.**



After **10 minutes**, remove the test strip from the pre-filled tube and place on a flat surface with good lighting. Inspect the strip for test results.

The test strip must be read within **5 minutes** after being removed from the tube to avoid inaccurate results.

9 When finished, put testing supplies in the garbage, sanitize your hands and clean your testing space.

**False positive, false negative or invalid results may occur if the strip is read beyond the recommended time period.**

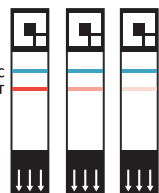
## RESULTS (AFTER 10 MINUTES)



**NEGATIVE — ONE LINE**  
one line at the C (control) mark, no line at the T (test) mark

Please note:

- ✓ A single negative result cannot be used to rule out COVID-19 in a person with symptoms.
- ✓ Stay at home if sick and repeat the test in 48 hours.



**POSITIVE — TWO LINES**  
one line at the C (control) mark, one line at the T (test) mark (ANY shade of pink-to-red)

You must:

- ✓ Isolate immediately.
- ✓ To notify Public Health of your positive test result, please complete the *Report and Support* screening questionnaire at [c19hc.nshealth.ca/self-report](https://c19hc.nshealth.ca/self-report).
- ✓ Identify yourself as a Nova Scotia Health employee.
- ✓ If you test positive using a rapid test, you need to consider yourself as having COVID-19, assume you are contagious, and you and your household must self-isolate. You also need to inform your close contacts.
- ✓ Visit [nshealth.ca/testedpositiveforcovid](https://nshealth.ca/testedpositiveforcovid) to get more information on what to do.

**Thank you  
for getting tested!**

**INVALID — If your test does not match either the negative or positive examples, the test should be repeated with a new kit.**