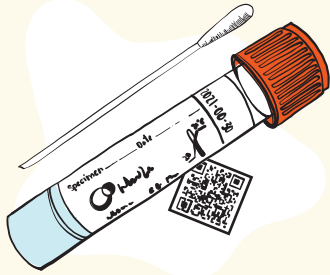


COVID-19 SELF-TEST — TAKE HOME INSTRUCTIONS

How to give yourself a throat and nose swab



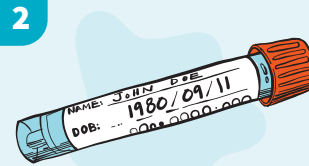
**Your COVID-19 self-test kit includes:
swab, liquid-filled tube, a testing bag and
a printed QR code to register your kit online.**

Contents of self-test kits may differ slightly between locations and may look different than shown. The self-test steps are the same.

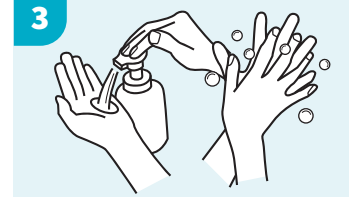
1
**You must register your
self-swab test using the
QR code provided.**



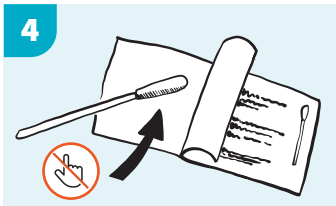
! If you do not register online,
your test will not be processed.



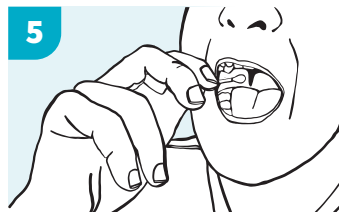
Write your name (first/last) and date of birth (YYYY/MM/DD) on the self-swab label and place on the tube.



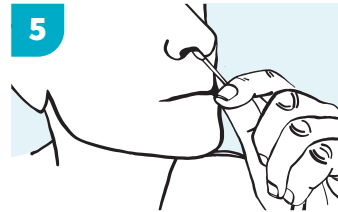
Wash or sanitize your hands before beginning the self-test.



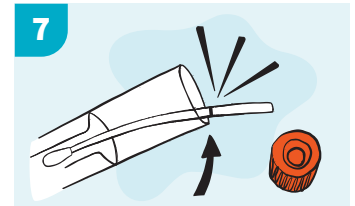
Remove the swab from the package. **Do not touch the soft tip.**



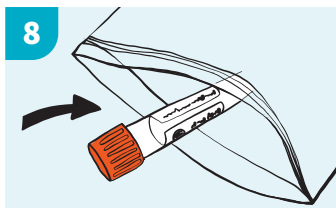
Open your mouth widely. Rub and rotate the swab on the very back/sides of your throat (avoid your tongue and cheeks).



Using the same swab, rub and rotate 3 times on the inside of both nostrils (inserting no more than 1-2 cm).



Put the swab into the tube, breaking the swab at the line. The swab will drop into the liquid.



Tightly screw the cap onto the tube, put into the testing kit, squeeze air from the bag and seal it.



Wash or sanitize your hands after handling your swab and tube.

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**You must deliver the COVID-19
self-test within 48 hours of arrival
in Nova Scotia and no later than 6
hours after collecting your sample.**

Deliver the COVID-19 self-test to the closest Primary Assessment Centre or Public Health Mobile Unit. Locations around the province are listed at nshealth.ca/coronavirustesting. If you did not register online, your test will not be processed.