

# SwiftSwab at-home rapid COVID-19 test

**Note:**

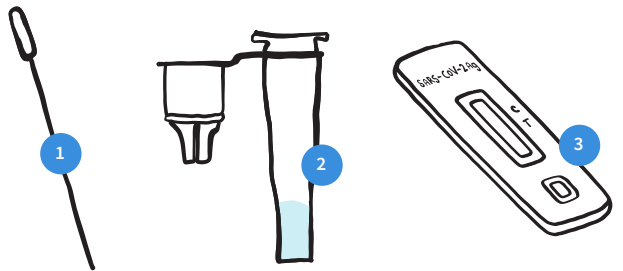
It is important to follow the instructions carefully for accurate results.

**Your testing kit contains:**

1. nose swab
2. tube with small amount of clear liquid
3. test unit

**You will need:**

- ✓ clean, level surface
- ✓ paper towel
- ✓ hand sanitizer
- ✓ timer or clock



Adapted from SwiftSwab product insert — Updated October 15, 2024

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

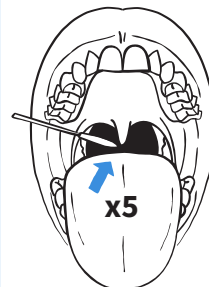
**Before you start:**

- ✓ Clean your hands.
- ✓ Place paper towel on a clean, level surface.
- ✓ Open the contents of your testing kit.
- ✓ Remove the test unit from the wrapper.
- ✓ Write your name with marker or pencil on the unit if testing more than one person.

**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).

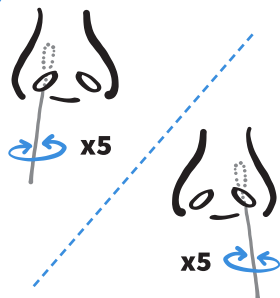
**1**



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).

**2**

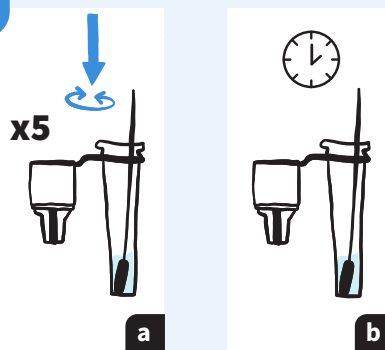


Using the same swab, put the swab into your nostril about 2cm (for small children, just put the swab into the nostril).

Slowly rotate the swab in a circular motion 5 times by firmly pressing against the inside walls of the nostril for a total of 15 seconds.

Remove swab gently and repeat for the other nostril (your eyes may water).

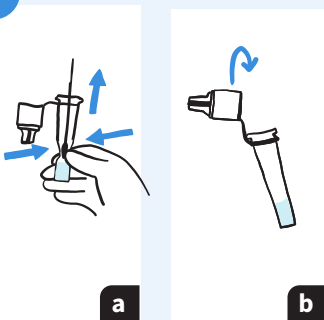
**3**



Peel the foil from the top of the tube. Gently lower swab into the tube of liquid, stir the swab in the liquid 5 times (a).

Set a timer and leave swab in buffer tube for 1 minute (b).

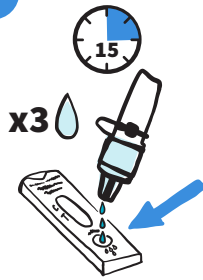
**4**



Squeeze the liquid out of the swab by pinching the tube and slowly pulling the swab out (a). **Throw out the swab.**

Put the dropper lid on the top of the tube (b).

**5**



Turn the dropper upside down to gently squeeze three drops of liquid into the small well of the test unit.

Leave the test unit on a level, flat surface for 15 minutes.

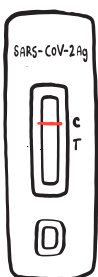
**6**



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

**RESULTS (AFTER 15 MINUTES, NO LONGER THAN 30 MINUTES)**

**ATTENTION:** The area that displays the results will turn red before turning back to the white before the result lines appear.

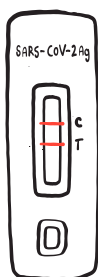


**NEGATIVE — ONE LINE**

**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 if you have symptoms. Repeat the test in 48 hours (2 days).
- ✓ If you feel sick, stay at home if possible, or wear a mask in public spaces.



**POSITIVE — TWO LINES**

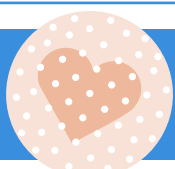
**one line at the C (control) mark, one line at the T (test) mark**

**If you test positive on a rapid test:**

- ✓ Stay home if you feel sick.
- ✓ Do not continue to test. Consider yourself as having COVID-19, assume you are contagious and visit [nshealth.ca/testedpositivefor covid](https://www.nshealth.ca/testedpositivefor covid) to get more information on what you should do.
- ✓ If you are considered high-risk for severe illness, notify Nova Scotia Health of your positive rapid test result by completing the Report and Support form at [c19hc.nshealth.ca/self-report](https://www.nshealth.ca/c19hc.nshealth.ca/self-report) or call 1-833-797-7772 if you do not have access to the internet or need assistance filling it out. This is used to identify those who are eligible and would benefit from access to COVID-19 medications.
- ✓ People who are considered high-risk for severe illness can confirm a positive rapid test result with a PCR test. Book online at [www.nshealth.ca/coronavirustesting](https://www.nshealth.ca/coronavirustesting) or call 811.

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

Keep testing kit out of reach of children and pets. Do not drink test fluid.



Vaccination is the best protection against the effects of COVID-19. For information on how you can get your COVID-19 and other vaccines visit: [www.nshealth.ca/seasonal-vaccines](https://www.nshealth.ca/seasonal-vaccines) or call 1-833-797-7772.