

# Flowflex at-home rapid COVID-19 test

**Note:**

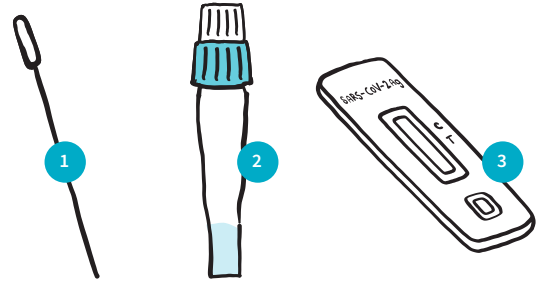
It is important to follow the instructions carefully for accurate results.

**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 Flowflex Canada product insert — Updated Dec. 16, 2022

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

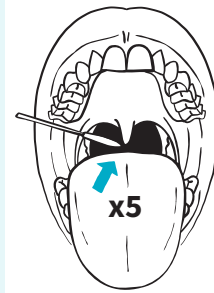
**Before you start:**

- ✓ 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:**

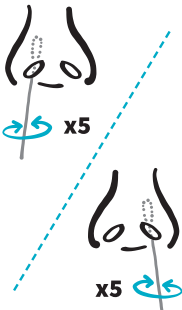
For better accuracy of the test, we recommend swabbing both the throat and nostril using the same swab. If you choose to only swab one spot, it must be your nostril (throat swab alone will not give accurate results).

**1**



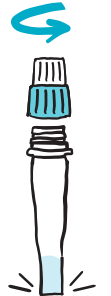
Tilt your head back, and open your mouth. Without touching the sides of your mouth or tongue, use the swab to rub the back of your throat (area shaded black in the drawing) 5 times back and forth (this may cause you to gag).

**2**



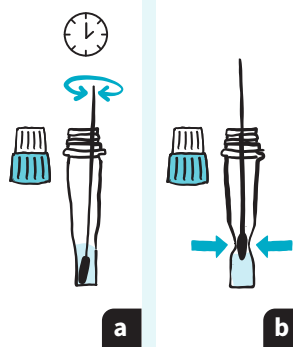
Using the same swab, put the swab into your nostril about 2cm (for small children, just put the swab into the nostril). Rub and rotate the swab vigorously 5 times around and repeat for the other nostril (your eyes may water).

**3**



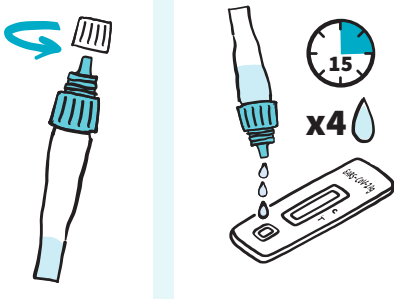
Gently tap the tube to bring the liquid to the bottom. Carefully unscrew the dropper cap from the tube.

**4**



Gently lower swab into the liquid, stirring around for 30 seconds. Pinch tube around swab to squeeze out remaining liquid. Discard the swab. Replace the dropper cap on the tube. Make sure liquid is mixed by swirling the tube or flicking the bottom of it.

**5**



Unscrew the small dropper tip (white). Gently squeeze 4 drops into the small well of the testing unit. Leave unit on level surface for 15 minutes.

**6**



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



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

**RESULTS (AFTER 15 MINUTES, NO LONGER THAN 30 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 if you have symptoms. Repeat the test in 48 hours (2 days).
- ✓ Stay at home if you feel sick.



**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.
- ✓ Notify Nova Scotia Health of your positive rapid test result by completing the Report and Support form at [c19hc.nshealth.ca/self-report](https://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 quick access to COVID-19 medications.
- ✓ Consider yourself as having COVID-19, assume you are contagious and visit [nshealth.ca/testedpositiveforcovid](https://nshealth.ca/testedpositiveforcovid) to get more information on what you should do.

If you test positive, and you are considered high-risk for severe illness, you have the option to confirm your positive rapid test result with a PCR test. To book, please complete the online assessment at [covid-self-assessment.novascotia.ca/en](https://covid-self-assessment.novascotia.ca/en) 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.**