



RRDC COVID-19 Antigen Rapid Testing Program

SELF-TEST INFORMATION KIT

WELCOME

COVID-19 is present in the Yukon and Ross River Dena Council believes that routine, voluntary testing will help prevent transmission in our community.

Self-testing is safe and easy to do, and provides results in just 15 minutes. Tests are free for RRDC citizens and staff.

It is recommended that individuals do self-testing twice a week, or more frequently if you have symptoms.

We appreciate your patience as we implement this new program and value your feedback on how we can improve our efforts.

Comments, questions or suggestions about this program can be emailed to: operations@rossiverdenacouncil.com or you can call the **Ross River COVID-19 Support Line** at **(867) 747-0099**.

WINTER 2022 **RAPID TEST DELIVERY**

Due to the demand for antigen rapid testing kits across Canada and the Yukon, testing kit supplies are limited at this time. RRDC has obtained an initial order of tests and more are expected to arrive in the coming weeks.

While supplies are limited, our first priority will be to ensure frontline workers and community members who are experiencing symptoms can take a test right away.

To request a rapid testing kit, please call the **Ross River COVID-19 Support Line** at **(867) 747-0099** and provide the following information:

- Your Name
- Your Address
- Your Phone Number
- Pref Delivery Time (morning/afternoon/evening)

A representative will deliver to your door, however the test kits cannot freeze, so please be prepared for the delivery.



Instructions: How To Use the Abbott Panbio COVID-19 Antigen Rapid Test

OVERVIEW

This COVID-19 Self-Test Kit is safe, easy to use, and provides fast results within 15 minutes. Parents or guardians can perform the test on children who are at least 2 years old.

Watch the "How to Self-Test" video online at www.rossriverdenacouncil.com (go to the COVID-19 Dashboard page).

If you have symptoms of COVID-19 – even mild symptoms – it is still important to contact the Ross River Health Centre at **(867) 969-4444** to arrange for a standard PCR test. Rapid tests are a good way to detect COVID-19, but PCR tests are still considered to be more reliable, and should be used to verify a positive rapid test result.

COVID-19 symptoms include: fever/chills, cough, shortness of breath, runny nose, sore throat, loss of sense of taste or smell, headache, fatigue, loss of appetite, nausea, vomiting, diarrhea, or muscle aches.

BEFORE USE

The "extraction tube" in your testing kit has been pre-filled with buffer solution. Check to ensure that the correct amount is in the tube (up to the line at the bottom of the tube). If there isn't enough fluid, call **(867) 747-0099** to arrange for a replacement tube. Do not use the test.

The Abbott Panbio Rapid Antigen Test CANNOT BE FROZEN and must be transported between 2 and 30 °C. Bring to room temperature prior to use. If frozen for any amount of time, please discard the test and request a new one.


Rapid antigen tests have a higher chance of false results than the standard COVID-19 "PCR" test used for testing by the Yukon Government.

Even if your test result is negative, you still need to continue following COVID-19 safety measures for Ross River and the Yukon. Testing does not replace COVID-19 measures such as mask wearing and washing your hands.

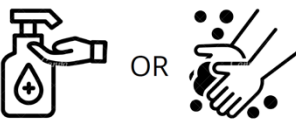
STEPS 1-6

How To Self-Administer the Abbott Panbio Antigen Rapid Test

1 Blow your nose, if needed

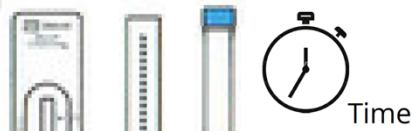


Perform **hand** hygiene



OR

2 Prepare your supplies

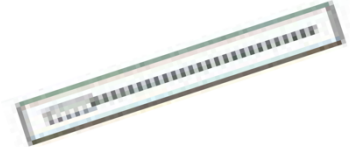


Test Swab

A pre-filled extraction tube with buffer fluid


Timer

3



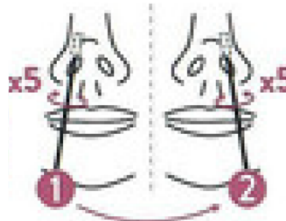
Open the swab package. Don't touch the fuzzy swab head with your fingers. Don't set the swab down.

4




Tilt head back and gently insert the swab head into your nose until you feel some resistance (1 inch / 2.5 cm)

5 Rotate the swab 5 times against the inside of your nostril. Using the same swab, repeat with the other nostril.



CAUTION: If the swab breaks during this step, repeat with a new swab.

6




While still holding the swab, unscrew the **BLUE CAP** of the extraction tube. Be careful not to spill any of the buffer fluid while you insert the swab.

STEPS 7-12


How To Self-Administer the Abbott Panbio Antigen Rapid Test

7




Swirl the swab head in the buffer fluid inside the tube, pushing it down, for 5 good turns.

8



Squeeze out the swab head by pinching the tube with your fingers. Keep the swab in the extraction tube.

9



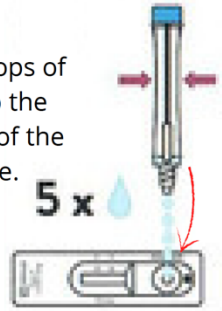
Break the swab so it fits in the the extraction tube. With the swab in the tube, twist the **BLUE CAP** securely onto the extraction tube.

10



Carefully remove the **WHITE** cap.

11

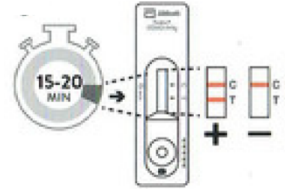


Squeeze 5 drops of the fluid into the circular well of the test device.

CAUTION: Bubbles in the tube can lead to inaccurate results. If you can't squeeze out enough drops, shake the tube gently until you see drops forming again.

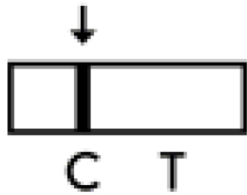
12

Start a 15 minute timer. You must read the test results no more than 5 minutes **NO MORE THAN 5 MINUTES AFTER** the timer goes off.



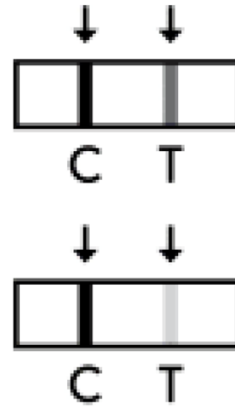
AFTER 15 MINS

How To Read Your Test Result:



NEGATIVE

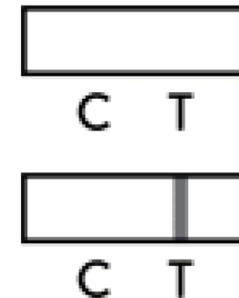
The presence of only the Control line (C) and no Test line (T) within the result window indicates a negative result.



POSITIVE

The presence of both the Test line (T) and the Control line (C) within the result window, regardless of which line appears first, indicates a positive result.

IMPORTANT: The presence of any test line (T), no matter how faint, indicates a positive result.



INVALID

If the Control line (C) is not visible after performing the test, the result is considered invalid, even if you see a Test line (T).

Read the instructions again before re-testing.

NEXT STEPS

What To Do After Getting Your Result

WHAT TO DO IF YOU TEST **POSITIVE**

- The person who tested positive must immediately go into self-isolation.
- Arrange for PCR testing to verify your result by calling the Ross River Health Centre at (867) 969-4444.
- You will be considered a “PRESUMPTIVE POSITIVE” until you receive your PCR test result.
- To report your positive result or if you are unsure about a test result, please call the Ross River COVID-19 Support Line for assistance/support.
- Close household contacts may need to also self-isolate based on guidance from public health.

WHAT TO DO IF YOU TEST **NEGATIVE**

A negative result does not guarantee that you are not infected. It's a good idea to take the test if you feel symptoms or, if possible, every few days even if you do not feel symptoms. This helps keep your family, friends and co-workers safe.

Remember, even if your rapid test result is negative, you still need to continue following public health guidelines and following your community, workplace and event safety plans and all other public health directives.

WHAT TO DO IF YOU TEST **INVALID**

This means that the test was not performed correctly or the test kit was defective. Please call the Ross River COVID-19 Support Line at (867) 747-0099 if you have any questions.

NEED ASSISTANCE?

How To Self-Isolate After Receiving a Presumptive Positive Result

STAY AT HOME

- Do not go to work, school or other public places. Have family, friends or a delivery service bring food, medication and other supplies to you.
- Do not have visitors inside unless they are homecare providers wearing full PPE.
- Notify anyone you came into close contact with over the previous 72 hours. Use Page 8 as a poster for your window or door.

IF YOU NEED GROCERIES

- Stay at home and call the Dena General Store at (867) 969-2280 to place your order or email your shopping list to dena.general@northwestel.net. You can also send your list to a friend or family member who can pick up your order.

IF YOU HAVE MEDICAL QUESTIONS

For any questions about your health, your symptoms, your self-isolation requirements or general topics such as COVID-19 testing or vaccination clinics call the Ross River Health Centre at (867) 969-4444.

IF YOU NEED SELF-ISOLATION SUPPORT

If you are unable to safely self-isolate in your home, please contact the Ross River Health Centre to discuss options. In some instances community members can make arrangements to go to the High Country Inn or Yukon Inn in Whitehorse, however this must be organized by the community nurse.

IF YOU HAVE GENERAL QUESTIONS

Call the Ross River Health Centre at **(867) 969-4444** or the Ross River COVID-19 Support Line at **(867) 747-0099**.

"TESTED POSITIVE"

A SIGN YOU CAN DISPLAY
ON YOUR FRONT WINDOW
OR DOOR TO HELP INFORM
OTHERS THAT COVID-19
HAS BEEN DETECTED.
(THIS IS OPTIONAL)

