

USING RAPID ANTIGEN TESTS (RAT) AT HOME

How to use your test:

- Testing is easy and can be done at home by yourself or with the help of another person. Be sure to read and follow the package instructions. The following resources may also be helpful:
 - <https://www.ontariohealth.ca/sites/ontariohealth/files/2022-02/COVID-19RapidAntigenTests-HowtoCollectaSample.pdf>
 - Instructional video - <https://www.youtube.com/watch?v=CBBd4JRWTsg>
- Be sure to wash your hands before and after collecting a sample.

The result is POSITIVE. Now what?

- You DO NOT need a PCR test to confirm your result ...it is highly likely that you have Covid 19.
- Isolate away from others until your symptoms improve for at least 24 hours (or 48 hrs for gastrointestinal symptoms i.e., vomiting, diarrhea) and no fever is present. Those who are immunocompromised may be infectious for a longer period of time and should isolate for 10 days from symptom onset AND until there is no fever present and symptoms have improved for at least 24 hours (or 48 hrs for gastrointestinal symptoms).
- For 10 days after your symptoms started, wear a well-fitted mask in public spaces and avoid any non-essential visits to those who might be at higher risk of getting sick i.e., seniors or to high-risk settings i.e., long term care homes or hospitals.
- If you are at high risk for developing severe illness, please contact your primary care provider or a pharmacist right away. You may benefit from available therapies to protect against severe illness.

The result is NEGATIVE. Am I in the clear?

- If you have symptoms of Covid-19 and test negative, you may still have Covid-19. You should:
 - Take another rapid antigen test 24-48 hours after the first test. If the second test is also negative, you most likely do not have Covid-19.
 - Isolate away from others until your symptoms improve for at least 24 hours (or 48 hrs for gastrointestinal symptoms i.e., vomiting, diarrhea) and no fever is present.
 - Contact your primary care provider or speak to a pharmacist if you are at high risk for developing severe illness.

Need more information?

- For more information or to find a rapid antigen test fact sheet in another language, please visit...<https://www.ontario.ca/page/rapid-testing-home-use>
- Contact Southwestern Public Health at 1-800-966-0096 or visit <https://www.swpublichealth.ca/en/my-health/covid-19-novel-coronavirus.aspx>