

# YORK AT HOME RAPID ANTIGEN TESTING PROGRAM INSTRUCTIONS

(Abbott Panbio™ package of 25 tests)

Updated: September 6<sup>th</sup>, 2022

To see FAQs and distribution locations: [yorku.ca/bettertogether/rapid-testing/](https://yorku.ca/bettertogether/rapid-testing/)

To upload your test result here each time: [yorku.ca/go/COVID19TestResult](https://yorku.ca/go/COVID19TestResult)

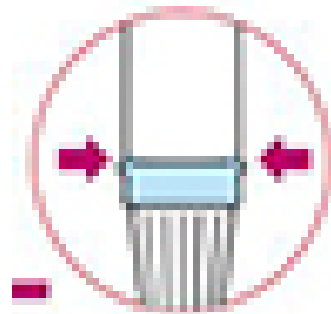
## Step 1: Gather materials

- Check the expiry date on the QR code label on your package. All supplies must be discarded after that date.
- You will need access to a digital camera (e.g., on a cell phone) and a smartphone, computer, or tablet with internet connection) to upload your test result.
- Grab your phone or timer and a permanent marker.
- Wash your hands and ensure they are completely dry before handling test supplies.
- From your test package, grab 1 swab, 1 test device, 1 bottle of buffer solution, and 1 extraction tube and place them on a clean surface.
- Only open the test device right before using your test, as the device is only valid for two hours after it is opened.
- Make sure the testing device is laid on a flat surface with the reader facing up.



## Step 2: Prepare the extraction tube

- Assemble the cardboard tube rack to hold the extraction tube.
- Take one extraction tube and ensure the white cap is secured tightly at the bottom.
- Fill the extraction tube with 11 drops of the buffer solution up to the top of the line on the tube.



### Step 3: Swab

- Open the wrapper of the swab like a Band-Aid®.
- Only hold the plastic end of the swab and keep the cotton end facing upwards.
- **Optional:** Use the [combined swab technique](#). If using this optional step, refer to [COVID-19 Provincial Testing Guidance](#).
- Slightly tilt your head backwards and insert cotton swab into nostril by 2cm. Make sure the cotton swab is parallel to your mouth and not upwards.
- Swirl 5 times for 15 seconds
- Insert into second nostril and repeat.



### Step 4: Mix

- Insert the cotton end of the swab into the fluid in the extraction tube.
- Swirl the cotton tip of the swab in the fluid for 5 rotations.



### Step 5: Snap & Secure

- Slightly raise the swab and squeeze the cotton tip to release the fluid down into the tube.
- With the swab raised, find an indentation on the plastic handle, and snap off the handle at the indentation.
- Set aside the snapped off piece for disposal
- Secure a blue cap on top of extraction tube with the remaining swab inside.



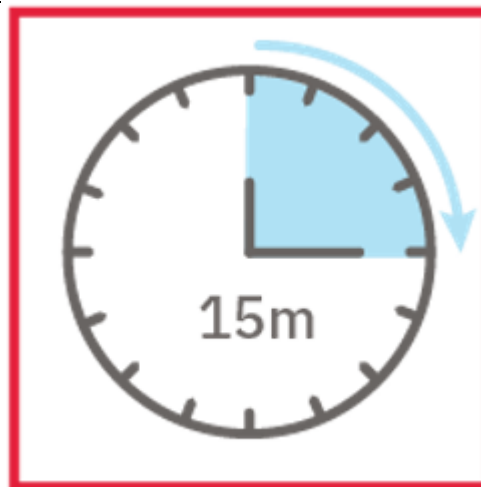
### Step 6: Drop

- Twist off the bottom white lid on the extraction tube.
- Hold the tube over the round well of the test device.
- Put 5 drops into the well.
- Put the white lid back on the extraction tube.



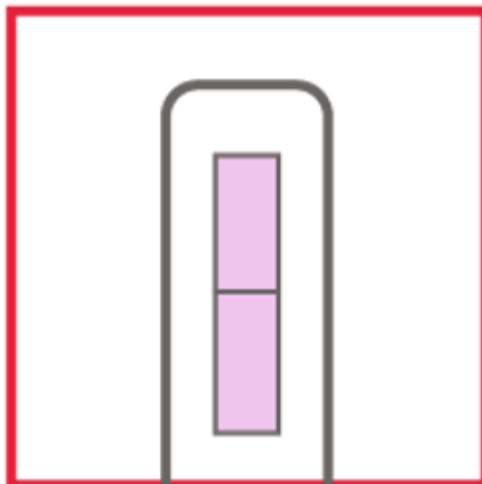
### Step 7: Wait

- Set a timer for 15 minutes.
- Wash and dry your hands.
- The test device reader window will turn completely pink – this is normal.
- Over the 15 minutes, the pink will fade to white and only the red result bar(s) will remain.



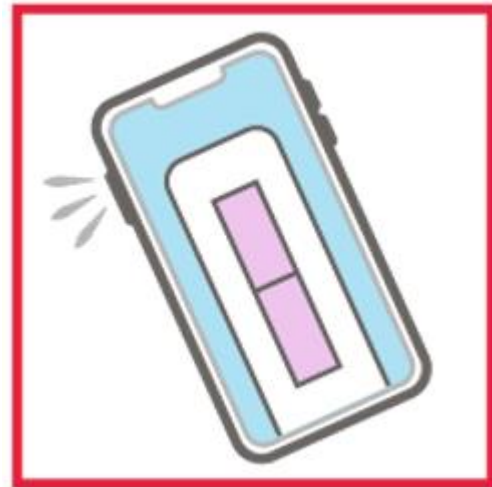
### Step 8: Read your result

- After 15 minutes, check the device for your test result.
  - **Negative:** one red line at “C” level
  - **Presumed Positive:** two red lines
  - **Inconclusive:** No line or one red line at “T” level



**Step 9 (OPTIONAL): Report your result**

- With a permanent marker clearly write the test date (only date and month, e.g., Sep 25) on the test device.
- Take a photo of your test device clearly showing the result and date.
- Go to the [COVID-19 Test Result](https://yorku.ca/go/COVID19TestResult) form: <https://yorku.ca/go/COVID19TestResult>
- Complete the form and upload the photo of your test device.

**Step 10: Disposal**

- Dispose of all used test materials (device, extraction tube, wrappers and swab handle). Consult with your local municipality on how to dispose of these items.

**Step 11: Next steps****If a negative result:**

- After uploading your result to this program, you are encouraged to complete your YU Screen.

**If a preliminary positive result:**

- A positive rapid antigen test in an individual with COVID-19 symptoms is highly indicative that the individual has COVID-19, and the individual should self-isolate as per the [Public Health guidelines](#).
- It is encouraged that you complete the YU Screen form: <https://yorku.ubixhealth.com/>.
- Contact your local public health unit for further guidance.

**If an inconclusive result:**

- Repeat the test.
- If the second test result is inconclusive, please email us at: YORK-YU Testing Clinic [YORK-YUTestingClinic@yuoffice.yorku.ca](mailto:YORK-YUTestingClinic@yuoffice.yorku.ca)

Should you feel unwell at any time, we encourage you to complete the YU Screen to indicate that you have symptoms. If you fail the screening, stay home, do not come to campus or attend the

York Testing Clinic.

York University COVID-19 testing program staff will review all uploaded results. You will be contacted should more information be required.

**Resources:**

- Ontario Health Self-Collection training instructions for Panbio:  
[https://www.ontariohealth.ca/sites/ontariohealth/files/2021-10/Panbio%20Self%20Screening%20Instructions\\_v3.1.pdf](https://www.ontariohealth.ca/sites/ontariohealth/files/2021-10/Panbio%20Self%20Screening%20Instructions_v3.1.pdf)
- YU COVID-19 Test Result form: <https://yorku.ca/go/COVID19TestResult>
- YU rapid antigen testing program (including pick-up location information):  
[yorku.ca/bettertogether/rapid-testing/](https://yorku.ca/bettertogether/rapid-testing/)
- YU Screen: <https://yorku.ubixhealth.com/>
- YU Better Together FAQs on mandatory testing:  
<https://www.yorku.ca/bettertogether/faqs/#Testing>
- Ontario Health Self-Collection training video:  
<https://www.youtube.com/watch?v=RXIEz1YZFDQ>
- Ontario Health Self-Collection training instructions:  
[https://www.ontariohealth.ca/sites/ontariohealth/files/2021-03/How\\_to\\_Nasal\\_Swab\\_2-pager.pdf](https://www.ontariohealth.ca/sites/ontariohealth/files/2021-03/How_to_Nasal_Swab_2-pager.pdf)
- Video on how to perform a combined swab:  
<https://www.youtube.com/watch?v=CBBd4JRWTsg>
- Information on dual swabbing:  
<https://www.ontariohealth.ca/sites/ontariohealth/files/2022-02/COVID-19RapidAntigenTests-HowtoCollectaSample.pdf>
- Ontario Health Considerations for Antigen Point-of-Care Testing:  
[https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/Antigen\\_Screening\\_Guidance\\_2021-03-5.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/Antigen_Screening_Guidance_2021-03-5.pdf)
- COVID-19 Provincial Testing Guidance:  
[https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/COVID-19\\_provincial\\_testing\\_guidance.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/COVID-19_provincial_testing_guidance.pdf)