

How to test yourself with Panbio™ COVID-19 rapid antigen test at home

This handout explains how to use a Panbio™ COVID-19 rapid antigen test kit on yourself. Before you start:

- Note that at this time, rapid antigen tests (RAT) can be used for symptomatic or asymptomatic individuals and **do not** require a confirmatory PCR test in most situations.
- Make sure your kit has all the materials needed and that none of the materials are expired or damaged. Please **note** that Health Canada has recently approved the expanded shelf life of Panbio™ test kits to 24 months.
- To make mini screen kits, please refer to “Panbio™: How to Create Mini Screen Kits for At-Home Self-Screening”.
- Store the kit and its content at room temperature (not in the fridge or freezer) and away from direct sunlight.
- Find a quiet and clean area free of foods, drinks, or clutter, and easy to clean in the event of a spill.
- During the test, do not eat, drink, smoke, vape, put in contact lenses, put on make-up, or touch your face in any way.
- Only use the test on yourself. Do not test others or give tests to others.

1 Blow your nose then wash your hands for at least 20 seconds.

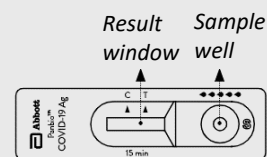
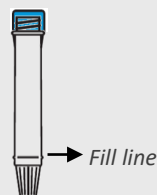
2 Check your test kit. Make sure you have all your screening materials.

You will need:



One sterile swab

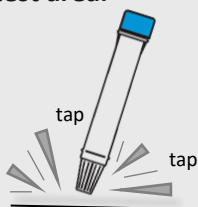
One new test tube with blue cap and pre-filled with liquid (buffer) up to the fill line



One test cartridge

3 Prepare your test area.

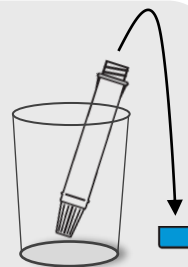
- Gently tap the bottom of the tube on a solid surface to ensure the liquid is at the bottom of the tube.



- Place the tube inside a clean container to hold it upright (make sure the container remains steady with the tube so that it does not tip over).

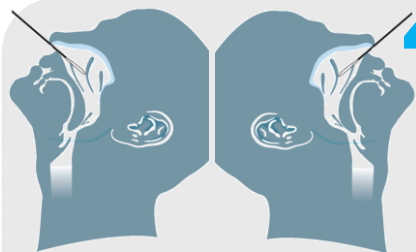


- Unscrew the blue cap from the tube and place the cap upside down on a clean surface.



4 Swab both nostrils.

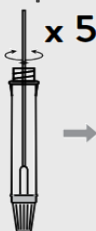
- Remove the swab from its package, keeping the swab tip away from your hands or any other surfaces.
- Tilt your head back and insert the swab straight back (not up) into one nostril. Stop when you meet resistance or when you reach 2.5 cm (distance is shorter in children < 12 years old).
- Turn the swab against the inside of your nose 5-10 times.
- Remove the swab and repeat same steps in your other nostril.



Note: Swabbing using the combined oral and nasal method may increase test sensitivity compared with nasal swabbing alone. Please refer to the instructions [here](#) for oral and nasal swabbing.

5 Mix your swab in the liquid.

- Gently insert the swab tip into the test tube.
- Swirl the swab in the liquid 5 times, pressing it against the sides of the tube.



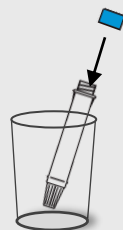
- With the swab still inside, pinch the outside of the test tube with your fingers to get the remaining liquid out of the swab tip.



- Throw the swab in the garbage.



- Tightly screw the blue cap back on the test tube.



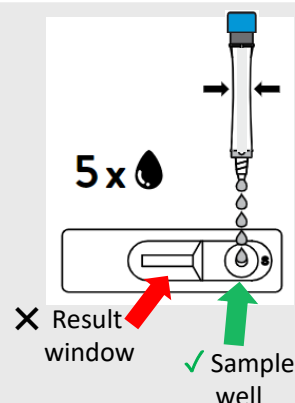
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6 Apply drops to cartridge.

- Remove test cartridge from its package and place it face up on a clean and flat surface.
- Gently unscrew the white nozzle at the bottom of the test tube (squeezing tube too hard will lead to release of liquid).



- Hold the tube upright over the sample well on the test cartridge and gently squeeze the tube to put 5 drops into the sample well (DO NOT put drops in the rectangular result window).
- Put the white nozzle cap back on and screw it tightly.

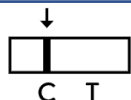


7 Wait 15 minutes before reading your results.

- Your result may not be correct if read in less than 15 minutes or more than 20 minutes after putting the drops into the sample well.



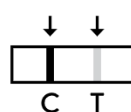
8 Read your results. It does not matter which line appeared first or how faint the lines look.



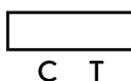
- If only the control line (C) is present, the result is **negative**.



or



- If both control line (C) and test line (T) are present, the result is **positive**.



or



- If the control line (C) is not present, the result is **not valid** (i.e., the test is not working).

9 Act on your result quickly.

If your result is negative:

- Follow the [public health guidance](#) that applies to your situation, regardless of your negative RAT result.

If your result is positive:

- Regardless of whether you have symptoms or not, it is likely that you have COVID-19 and you should immediately follow [public health guidance](#) that applies to your situation. You should also inform anyone you came into close contact with recently (within 48 hours of your symptoms developing) about your positive test result. Your close contacts should also follow the [public health guidance](#).

If your test is invalid:

- Repeat the test using a new swab and test cassette. You will need to swab your nose (and mouth) again according to the instructions.

10 Dispose of test materials in the garbage and wash your hands.

Additional Resources

- [COVID-19 Self-Assessment Tool](#)
- [Where to get tested or assessed for COVID-19](#)

***Note:** The liquid (buffer) in the tubes can irritate (bother) your eyes and skin. The liquid is toxic (dangerous) if swallowed. If the liquid accidentally touches your skin, wash it with plenty of water. If it touches your eyes or mouth, rinse with plenty of water for 15 minutes and contact your healthcare provider or the Ontario Poison Centre (1-800-268-9017) for assistance.