

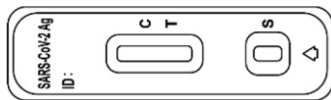
How to test yourself with Flowflex™ COVID-19 Rapid Antigen Test At Home

This handout explains how to use the Flowflex™ 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 components needed and that none of the materials are expired or damaged.
- Store the kit and its content at 2 to 30 degrees Celsius and away from direct sunlight, moisture, and heat. **Do not** freeze.
- Complete the test within 1 hour after test components are opened.
- 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.
- This test is for your own use only, unless you are a parent/guardian/caregiver of the person being tested.

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

2 Check your test kit. Make sure you have the following materials:



Test cassette



Capped tube with the extraction buffer



Sterile Swab

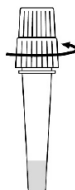


Cup (from home)

3 Set up your testing area.



- Remove the test cassette from the sealed pouch and place it on a flat, dry surface.



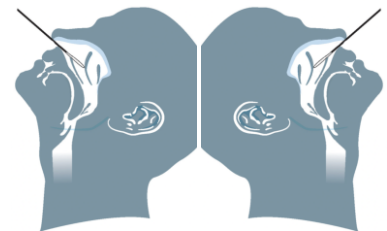
- Unscrew the dropper cap from the extraction buffer tube.



- After removing the dropper cap place the tube with the extraction buffer in a cup.

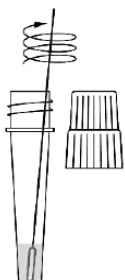
4 Swab both nostrils.

- 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 up to 2.5 cm (distance is shorter in children under 12 years old).
- Rotate the swab against the inside of your nose 5 to 10 times.
- Remove the swab and repeat same steps in the other nostril.

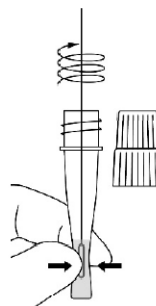


Note: Swabbing using the combined oral and nasal method may increase test sensitivity compared with nasal swabbing alone. Please refer to the instructions [here](#) for oral and nasal swabbing.

5 Start preparing the sample.

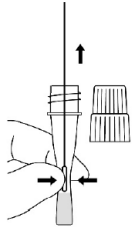


- Pick up the opened tube with the extraction buffer from the cup.
- Insert swab into the tube and swirl for 30 seconds



- Rotate swab 5 times while squeezing the sides of the tube
- Take care not to splash contents out of the tube

Continue preparing the sample.



- Remove swab while squeezing the sides of the tube to extract liquid from the swab

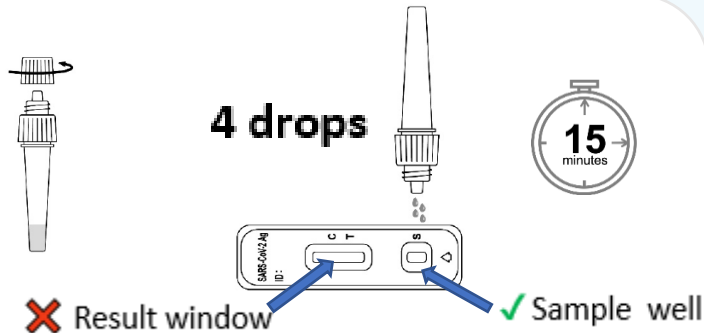


- Screw the cap on the extraction buffer tube
- Mix thoroughly by swirling or flicking the bottom of the tube

6 Perform the test.

- Unscrew the smaller cap to expose the dropper tip
- Invert the extraction buffer tube with the dropper tip pointing downwards and hold it vertically above the sample well
- Gently squeeze the tube, dispensing 4 drops of the specimen into the sample well. **Do not** touch the dropper tip to the test cassette while dispensing.
- Read results within 15-30 minutes of adding sample to well.

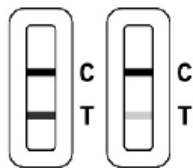
Note: Your result may not be correct if read in less than 15 minutes or more than 30 minutes after adding the drops into the sample well.



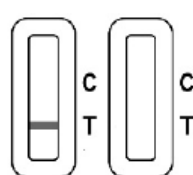
7 Read your results. It does not matter which line appeared first or how faint the lines look.



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



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



- If the control line (C) is not present, regardless of the presence or absence of the test line the result is **Invalid** (test didn't work).



8 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.

9 Dispose of test materials in the garbage and wash your hands. Do not reuse any of the materials.

Additional Resources

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

***Note:** The liquid in the tube can irritate your eyes and skin. The liquid is **toxic** if swallowed. If the liquid accidentally touches your skin, wash area with plenty of water. If liquid gets in your eyes or mouth, rinse with plenty of water for 15 minutes and contact your healthcare provider or the Ontario Poison Centre at 1-800-268-9017 or 416-813-5900.