

How to Test Yourself with PCL Self Test – COVID19 Ag Rapid Antigen Test at Home

This handout explains how to use the PCL self test – COVID19 Ag rapid antigen test kit on yourself. Before you start:

- Rapid antigen tests (RAT) can be used for symptomatic or asymptomatic individuals and **do not** require a PCR test to confirm a positive test result.
- 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 in a dry place and out of direct sunlight, moisture, and heat. **Do not** put it in your freezer.
- **Do not** eat, drink, smoke, chew gum, brush, or floss for 30 minutes before testing.
- Test card should be used right after opening the pouch.
- Find a quiet and clean area that is free of foods, drinks, or clutter, and is easy to clean in case of a spill.
- During testing, do not eat, drink, smoke, vape, put on contact lenses or make-up, touch your face or touch the sample or testing liquid.
- It is recommended that you wear disposable gloves when handling samples and testing liquids.
- Only use this test on yourself, unless you are a parent/guardian/caregiver of the person being tested.

1 Wash your hands thoroughly for at least 20 seconds.

2 Check your test kit components and expiration date. Make sure you have the following materials:



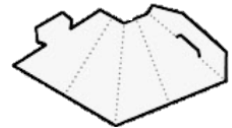
Test Card



Extraction Buffer Tube
(*see note on page 2)

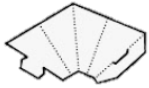


Filter Cap



Foldable Paper Funnel

3 Set up for testing.



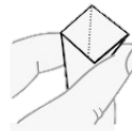
Place the paper funnel so the tab sticks out on lower left side.



Fold the left side of paper cup inwards following the crease.



Slide tab into the slit opening.



Form a cone (glossy section should be inside the funnel).



Peel the seal off the extraction buffer tube.

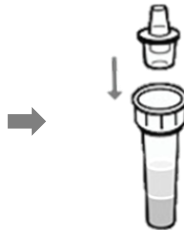
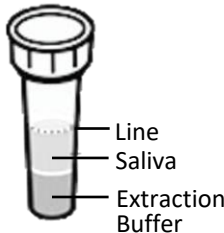


Place the funnel into the tube.

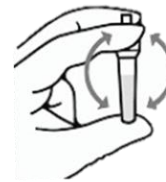
4 Collect saliva and prepare test sample.



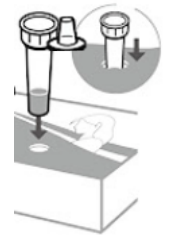
Collect saliva in your mouth for 30 seconds and spit into the tube up to the line marked on the tube. **Do not mix phlegm when collecting saliva.**



Remove the funnel and put the filter cap on the extraction buffer tube and close the lid tightly.



Mix the test sample by shaking the tube up and down 10 times.



Insert the tube in the buffer tube holder hole on top of the kit box. **Immediately perform the test.**

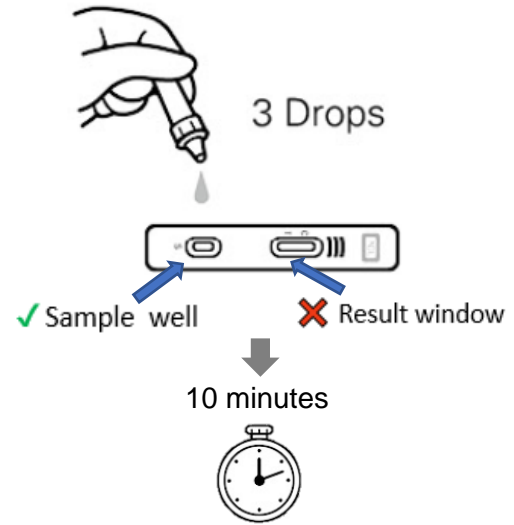
- Notes:**
- **Do not use stored sample; long-term storage may lead to less accurate test.**
 - **Do not freeze sample; multiple freeze/thaw cycles may lead to less accurate test.**

5 Perform the test.

- Open the test card pouch and place the test card on a flat surface.
- Pick up the extraction buffer tube from the kit box.
- Add 3 drops of the saliva extraction buffer mix into the sample loading well (marked by the letter “S”) only of the test card. The sample well should be almost filled.
- Wait for 10 minutes and then read the results.

Notes:

- Only open the test card just before use. If the pouch is left unused after opening, it may cause inaccurate results.
- Read the test results as soon as the 10-minute wait is up. The result may no longer be accurate after 20 minutes.



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



If only the control line (C) shows up, the result is **Negative**.



7 Act on your result quickly.

If your result is negative:

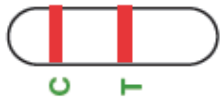
Follow the [public health guidance](#) that applies to your situation, even if your rapid antigen result is negative.

If your result is positive:

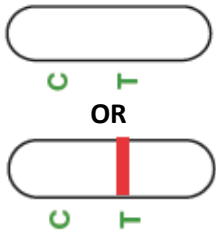
You have COVID-19, even if you do not have symptoms. You should follow [public health guidance](#) that applies to your situation right away. You should also let anyone you came into close contact with recently (within 48 hours of your symptoms developing) know about your positive test result. Your close contacts should also follow the [public health guidance](#).

If your test is invalid:

Do the test again using a new test kit. You will need to collect your saliva again according to the instructions (Step 4).



If both the control (C) and test (T) lines show up, the result is **Positive**.



If the control line (C) does not show, the result is **Invalid** (test did not work), even if the test (T) line shows up.

8 Throw away test materials in the garbage and wash your hands. Do not reuse any materials.

Additional Resources

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

Last updated: Jan 23, 2023

***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.