

At-Home COVID-19 Testing Instructions

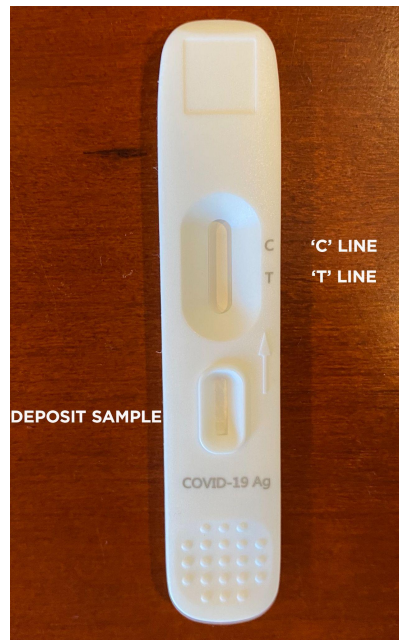
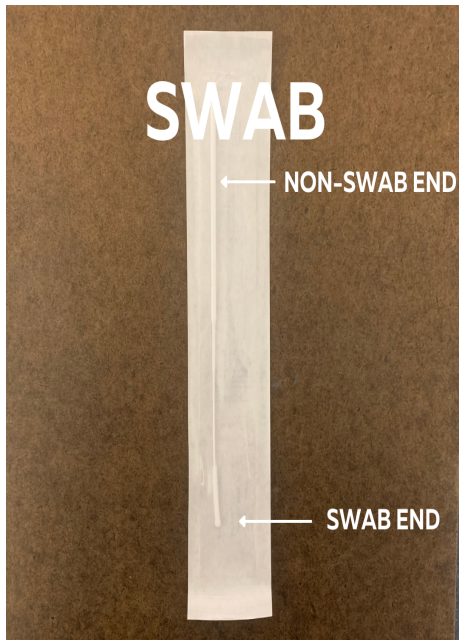
Please remember that we are using these tests to identify the virus within asymptomatic carriers. If a student or member of your household is experiencing symptoms of COVID-19 or has been exposed to someone with COVID-19, please **DO NOT TAKE THIS TEST**. Follow our existing protocols: alert your physician and our school nurse, Liza Marzilli (lmarzilli@bancroftschool.org), and refrain from coming to school.

Those that have tested positive for COVID-19 in the past 90 days are exempted from routine testing and do not need to use this test.

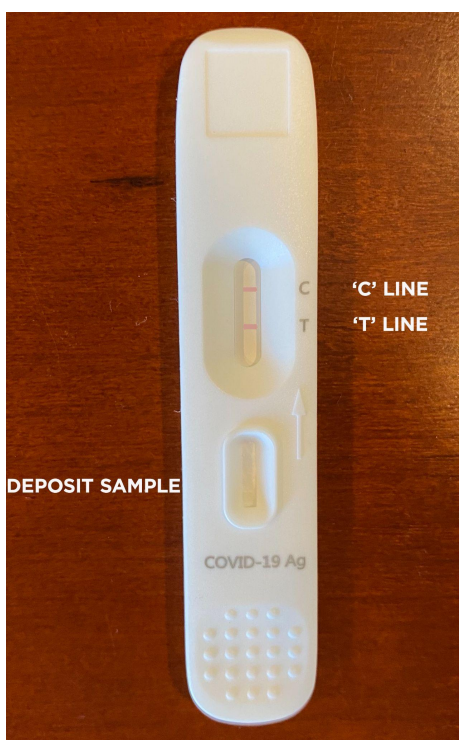
TESTING STEPS:

1. **Sanitize your hands. Remove the test** from the package and place it on a clean surface.
2. **Open the swab package** from the non-swab end and hold the swab, being sure not to touch the swab end.
3. **Insert the swab halfway into the nostril** (stop if you feel any resistance). Circle the inside of the first nostril with the swab **10 times. Repeat the same for the other nostril.**
4. **Pierce the testing tube** with the nozzle cap. Remove the nozzle cap and set aside.
5. Hold the testing tube upright, being careful not to spill any of the liquid. **Insert the swab into the tube and swirl 5 times** in order to thoroughly saturate the swab.
6. **Slowly remove the swab** from the tube, **squeezing the sides of the tube against the swab** to squeeze out as much liquid as possible. Discard the swab.
7. **Place the piercing nozzle** back on the top of the tube with the protective cover facing up.
8. **Mix the tube** by gently shaking **10 times**. Let stand for **1 minute**.
9. **Remove the protective cap**. Discard the first two drops from the sample tube.
10. **Deposit sample:** Add 3 drops of sample into the sample spot on the testing card.

11. **Wait 15 minutes.** Read the test result immediately after 15 minutes.
12. A **single line** next to the "C" indicates a **negative test**. If a line also shows up next to the "T," the test is **positive** — you should contact your physician, the school nurse, and **do not** come to school. (See photos below.) If a line does not appear at the "C," the test is invalid.



POSITIVE TEST



NEGATIVE TEST

