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, 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.

1. **Sanitize your hands. Remove the test** from the silver package and place on a clean surface.

2. **Open swab package** from the non-swab end and hold the swab, being sure not to touch the swab end. **Remove the purple cap** from the testing tube and hold the open tube upright, being sure not to spill any of the liquid.

3. **Insert the swab halfway into the nostril** (stop if you feel any resistance). Circle the inside of the first nostril with the swab 5 times. Repeat for the other nostril.

4. Hold the testing tube and tilt so the liquid is on the side of the tube, being careful not to spill any of the liquid. **Insert the swab into the tilted tube and swirl 10 times** in order to thoroughly saturate the swab. **Return the tube to an upright position** and swirl the swab an additional 10 times (20 times total).

5. As you **slowly remove the swab** from the tube, **push the swab along the side of the tube** to squeeze out as much liquid as possible. **Return the purple cap** to the testing tube and discard the swab.
6. **Remove the top clear cap** from the testing tube and turn the tube upside down, so the open side is facing down. **Squeeze 2 drops from the testing tube** into the oval “S” section of the test. Return the clear cap to the testing tube and discard.

7. **Set a timer for 15 minutes.** You will see the test turn purple as the sample travels up the test — this is normal.

8. Sometime between 3-15 minutes after the test is conducted, a line will appear next to the “C.” If a line does not show up next to the “C,” please contact the school nurse as there was likely an issue with the test.

9. 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.) Once the test is complete, you can discard — please **do not** bring your test to school on Monday morning.

10. The first day of the following week, you will see a question in the **MyMedBot** app asking if you have taken the test and whether it is positive or negative.