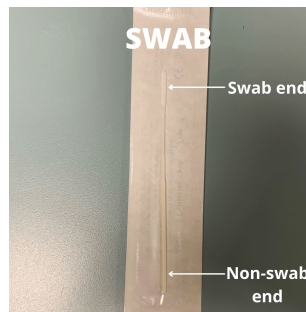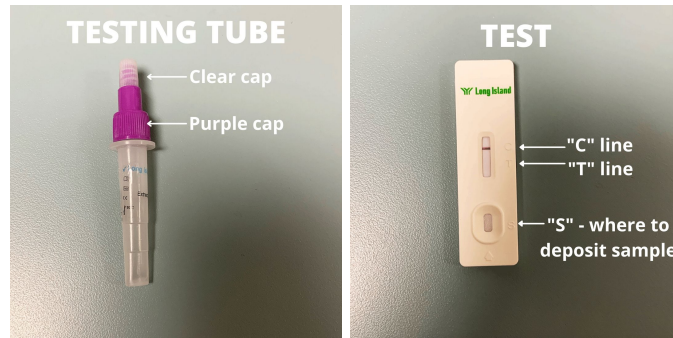# At-Home COVID-19 Testing Instructions

* 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.

TESTING TUBE
— Clear cap
— Purple cap

TEST
— "C" line
— "T" line
— "S" - where to deposit sample

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.

NEGATIVE TEST

POSITIVE TEST