

iHealth AT-HOME TEST INSTRUCTIONS

February 1, 2022 10:49 AM ENGLISH

Important to know before you start

- Read all directions carefully before you start.
- There are directions that come with your test kit. Look at those directions for more information.
- If you need help, call your Community Health Worker.
- When used correctly this test should not hurt.
- Your test can be used only one time. Do not reuse a test.
- Do not touch the swab tip or front of the card with your hands.
- Wash hands thoroughly **before** and **after** the test.



1. Prepare materials

- Open the package and remove
 - » The test card in its pouch
 - » The tube filled with liquid (extraction buffer)
 - » The swab in its wrapper
- Leave all items in their wrappers until needed.
- When you are ready, remove the test card from the pouch. Lay it on a flat table or counter top in front of you.



One COVID-19 test card in pouch



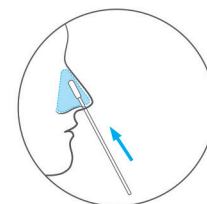
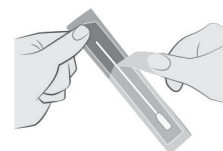
One tube



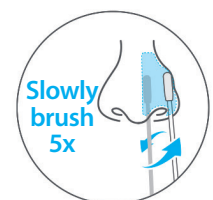
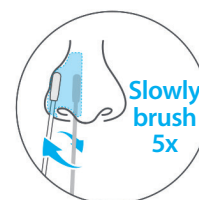
One swab

2. Collect sample

- Remove the swab from its wrapper. **Be careful not to touch the tip.** Do not throw away the wrapper.
- Put the swab in one nostril. Do not insert it deeply, only insert it ½ inch (1.5 cm) to ¾ inch (2 cm).
- Press the swab against the inside of your nostril. Slowly rub the swab in a circle around the inside of your nostril.
 - » Make **5 or more** slow circles around the inside of your nostril.
 - » It should take at least **15 seconds**.
 - » Make sure to press the swab firmly around all sides of the inside of your nostril.
- Use the same swab and repeat all of these steps in the other nostril.

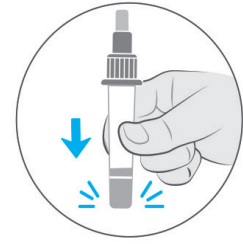


up to 3/4 of an inch



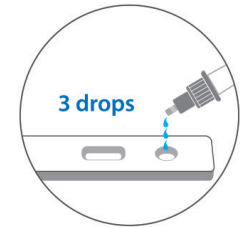
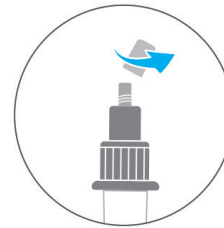
3. Process sample

- Hold the tube upright. Tap the bottom of the tube on the table 2 to 3 times.
- Twist the big, orange cap off to open the bottle. Be careful not to spill any liquid out.
- Insert the swab tip with your sample into the tube **until it touches the bottom of the tube**.
- Stir the swab in the liquid in the tube at least **15 times**.
- Squeeze the sides of the tube against the swab as you pull the swab out of the tube. This should cause some liquid to squeeze out of the swab tip. The swab can be put back into its original package and thrown away.
- Screw the orange lid back onto the bottle.



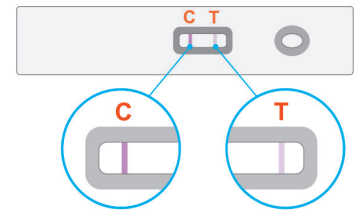
4. Add sample and wait

- Twist the small white cap on the tube until it comes off.
- Turn the tube over and squeeze **3 drops** of the sample into the **smaller hole** on your test card.
- Put the small white cap back on the tube. Put the tube down with the swab to be thrown away.
- Let the card sit for 15 minutes. Do not touch or move it.



5. Read result

- After you wait 15 minutes, you can read your test result. You must read your result **between 15 minutes and 30 minutes** after you add the drops to the card. Do not read your result **after 30 minutes** have passed.
- Your test result is **POSITIVE** if you see two lines, one under the “C” and one under the “T.”
 - » **Look very closely!** The line below the “T” can be **very faint**. **Any** line you can see under the “T” means your test is positive.
 - » See the instructions that come with your test for actual photos of positive tests.
- Your test result is **NEGATIVE** if you see only one line (it will be below the “C”).
- The test **did not work** if you see any of these:
 - » No lines
 - » Only a line below the “T”
- If your test did not work, take another test or call your Community Health Worker.



Next steps

- Read the handout “What to do with a positive or negative test result.”
- Throw away your test kit.
- Wash your hands.