

Newfoundland and Labrador Rapid Testing Program for Students and Staff at Schools

To facilitate the transition of classes back to in-person learning at this time, students, teachers and staff in all K-12 schools will be provided with COVID-19 rapid self-test kits to use at home. These test kits are being delivered to schools throughout the province.

This testing program is another way to help reduce the spread of COVID-19 in schools.

Getting your tests

- Every student, teacher and staff member will receive a rapid test self-test kit containing five self-tests:
 - Two of these tests are for the return to classes;
 - Two are for symptomatic testing once classes resume;
 - The fifth test can be used if you get an invalid result on an earlier test (see instructions on the next page), or hold for future use.
- The process for getting your tests will be specific to each school, so keep an eye out for an email from your administrator through PowerSchool or by email in the coming days.
- When you receive the tests, keep them in a safe place. DO NOT USE THEM until three days before you return to school.

Return to classes

- As part of the return to in-person classes, all students, teachers and staff in the K-12 system will be required to complete two tests at home approximately 72 hours apart:
 - The first test should be done three days before returning to school;
 - The second test should be done on the morning of the first day of school.
- The tests do not need to be taken at the same time each day.
- You can return to school if both tests are negative.
- If you see a positive result, do not complete any more tests. Follow the [Guidance for Positive Cases](#) available on the province's COVID-19 website.

Symptomatic testing

- If you start having symptoms of COVID-19, do not go to school.
- Test yourself on the first day you are having symptoms:
 - If that test is negative, complete a second test 72 hours later;
 - If you see a positive result, do not complete any more tests. Follow the [Guidance for Positive Cases](#) available on the province's COVID-19 website;
 - If the tests are negative AND you do not have a fever AND your symptoms improved in the last 24 hours, you can return to school;
 - If the tests are negative AND you still have a fever or your symptoms remain, please stay home until 24 hours after your fever is gone AND your symptoms improve.

Keeping schools safe

In addition to the introduction of rapid self-test kits, the Provincial Government, the Newfoundland and Labrador English School District and the Conseil scolaire francophone de Terre-Neuve-et-Labrador have taken numerous steps to support a safe K-12 school environment in 2021-22.

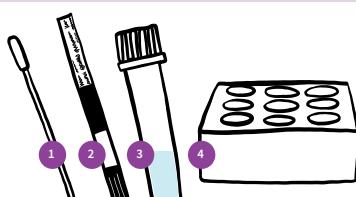
- Air purification and filtration systems have been installed in every classroom and most common rooms in schools throughout the province since September 2021.
- Introduction of mandatory vaccination policies for teachers and staff to ensure staff and educators in school communities are fully vaccinated.
- 70.1 per cent of children aged 5 to 11 have received one COVID-19 vaccine, and 93 per cent of children aged 12-19 are fully vaccinated.
- All schools have access to free public health approved masks and/or face shields for all teachers and staff.

QuickVue at-home rapid COVID-19 test

NOTE: It is important to follow the instructions carefully for accurate results.

TESTING KIT CONTAINS:

1. Nose swab
2. Test strip
3. Tube with small amount of liquid
4. Tube holder (If your test does not come with a tube holder, please find a suitable container to prevent the tube from spilling.)



YOU WILL NEED:

- Hand sanitizer • Paper towel • Timer or clock

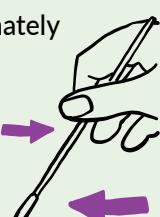
BEFORE YOU START:

- Clean your hands.
- Open the contents of your testing kit.
- Remove cap from one pre-filled tube and place back in the tube holder.
- Peel open the wrapper from the nasal swab.

Do not touch the swab head or remove the nasal swab until ready for sample collection.

1.

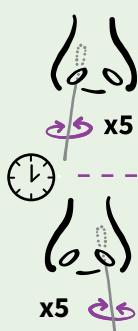
Hold the swab approximately halfway up the handle and gently put the swab into your nostril about 2 cm (for small children, just put the swab into the nostril).



2.

Rub the swab around the inside wall of each nostril at least 5 times.

Take approximately **15 seconds** to collect the sample. This is done with the same swab.



3.

Immediately place the swab into the open pre-filled tube.

Be sure the swab is touching the bottom of the tube.



4.

After stirring, leave the swab in the tube for at least one minute.

Use a timer or watch.

NOTE: This step is very important, do not remove the swab prior to one minute.



5.

After one minute, carefully remove the swab from the tube.

As you remove the swab, rub the swab head against the wall of the tube to squeeze out as much liquid as possible.

Do not touch the swab head.

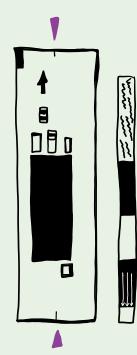
Immediately discard the swab into the garbage.



6.

Prepare the test strip by opening the strip pouch carefully at the **TEAR HERE** mark.

Remove the test strip carefully and only hold the top portion of the strip.

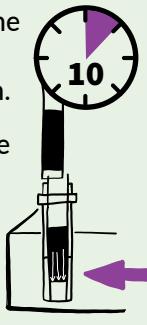


7.

Place the test strip into the open pre-filled tube with the arrows pointing down.

Leave the strip in the tube for **10 minutes**.

Do not handle or move the strip until the 10 minutes is complete.



8.

After **10 minutes**, remove the test strip from the pre-filled tube and place on a flat surface with good lighting. Inspect the strip for test results.

The test strip must be read within **5 minutes** after being removed from the tube to avoid inaccurate results.



9.

When finished, put testing supplies in the garbage, sanitize your hands and clean your testing space.

False positive, false negative or invalid results may occur if the strip is read beyond the recommended time period.

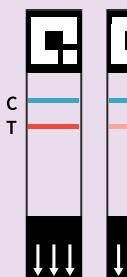
RESULTS (AFTER 10 MINUTES)



NEGATIVE - ONE LINE

one line at the C (control) mark, no line at the T (test) mark

Continue your testing schedule.



POSITIVE - TWO LINES

one line at the C (control) mark, one line at the T (test) mark (ANY shade of pink-to-red)

Immediately self-isolate and visit the COVID-19 Assessment and Referral tool online at covidassessment.nlchi.nl.ca or contact 811 to determine if you need a lab-based test.

INVALID RESULT

If your test does not match either the negative or positive examples, the test should be repeated with a new kit.