Exshaw School
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January 12, 2022

Dear Exshaw Families:

We are very pleased to announce that we have received our first shipment of rapid tests and masks for each student and staff member. There are going home with each child today, January 12th, 2022. Each box of rapid tests contains five tests. Testing is recommended to be done twice a week, meaning one box will allow individuals to test for 2.5 weeks. As always, the use of tests are optional and up to the choice of our Exshaw School families.

A rapid screening test nasal swab is only inserted 1.5 to 2 cm inside the nostril and is typically more comfortable, less invasive and less irritating than the swab usually used for a PCR COVID-19 test at an AHS testing centre.
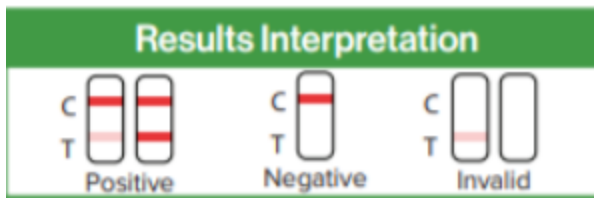
Each test kit (5 tests per package) comes with:
- a sterile swab that looks like a Q-tip
- a tube and stand
- a nozzle and filter
- a plastic container with a small amount of liquid inside.

A test will take about 20 minutes to complete.

Please feel free to click here for a how-to video for parents to complete a rapid test. Instructions to complete a rapid test are as follows:

1. Before you do the test, wash your hands with soap and water.
2. The person being tested should blow their nose into a tissue and discard it.
3. Unpack all of the test materials from the kit.
4. Pour the testing liquid into the test tube.
5. Take the sterile swab out of the package carefully. Make sure it does not touch anything.
6. Insert the swab 1.5 to 2 cm inside the nostril. Move the swab in a circle for at least five seconds. Then, press the nostril down against the swab and spin the tip for five more seconds.
7. Using the same swab, do the same thing in the other nostril.
8. Next, put the swab in the test tube with the testing liquid. Make sure the swab tip is fully covered by the liquid.
9. Set a timer for two minutes to let the swab contents mix with the test fluid.
10. When the two minutes are up, pinch the tube so that you squeeze as much liquid as possible out of the swaband
11. Throw the swab in the garbage.
12. Place the filter nozzle on the test tube.
13. Turn the tube over and squeeze three drops of the solution into the spot marked 'S' on the test device.
14. Set a new timer for 15 minutes. Once 15 minutes are up, check your test results. Once you are finished, you can throw the test away.

15. Results Example of BTNX Rapid Test Results

16. What to do Please visit alberta.ca/rapidtesting for current information about what to do if you or your child test positive or negative on a COVID-19 rapid test. You may also phone 811.

More information regarding rapid testing at home can be found on the Alberta Government Rapid testing at home site.

Yours in Education,

Ms. Nadine Dack-Doi

Principal

Exshaw School