



COVID-19 RAPID TESTING GUIDELINES

All NITHA community members have access to self-administered rapid antigen test kits for COVID-19 testing.

PCR testing is only available to people at high-risk of severe outcomes or those who work and live in high-risk setting. Please follow the rapid testing guidelines below.



Positive Rapid Antigen Test



Self-Manage:

Anyone who tests positive for COVID-19 are required to immediately **self-isolate for five days, regardless of your vaccination status**, from the date of testing or 24 hours after fever has resolved, without the aid of fever-reducing medications and all other symptoms are improving for at least 48 hours, whichever is later.

Continue to monitor for 10 days after test results. Continue to wear a mask at all times, limit contact with at-risk individuals.

Notify all close contacts from the previous 48 hours that they should monitor for symptoms and be cautious about going to any high risk settings.

Symptoms of COVID-19 can vary from person to person. Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Call your Community Health Centre if COVID-19 symptoms develop or worsen.

When in self-isolation:

- Do not go to work or school.
- Do not go to public areas.
- Do not have visitors in your home.
- Cancel or reschedule non-urgent appointments or meet virtually where possible.
- Do not take public transit.
- Have family/friends drop off food and necessities or use delivery services.

When in self-isolation: (continued)

- Stay at home and separate from others in the household who are not fully vaccinated.
- Sleep in a room away from others and use a separate bathroom, if possible.
- It is okay to be outside on your own property, including your backyard or balcony.

Recommendations for Close Contacts:

- Close contacts will no longer be required to self-isolate.
- Self-monitor at least 10 days for symptoms
- Self-test immediately and again on days three and five.
- Close contacts are encouraged to self-isolate if you become symptomatic. You are required to self-isolate if you test positive.
- Take all available precautions - wear a mask when outside your household, limit your contacts especially with people at high-risk for severe disease (older, immune compromised, etc.) and settings with people at high-risk such as visiting long term care.
- Close contacts can continue to go to work and school while self-monitoring. Respect and follow all organizational policies and guidelines that are in place to protect others.



Negative Rapid Antigen Test



If your screening test result is negative, please remember:

- This self-test is only based on the moment in time when you were tested.
- It doesn't tell us anything about the future and it doesn't mean you can't get COVID in the next few days or even hours
- **It is important to watch closely for any COVID-19 symptoms to develop in yourself or in any other members of your home.**
- **If you do develop any COVID-19 symptoms, it is important that you stay home and call your community health centre/clinic.**

Please note: Rapid testing results are not accepted at services where Proof of Vaccination is required e.g. restaurants, sports etc.



Self-Testing Guide for COVID-19

All NITHA community members have access to self-administered rapid antigen test kits for COVID-19 testing.

Self-testing is done using a rapid antigen test kit. It is safe, easy to use, provides fast results within 15 minutes, and most importantly, is gentle. Self-tests can be done almost anywhere, at any time to see if you may have COVID-19. Northern Inter-Tribal Health Authority (NITHA) recommends routine self-testing one to two times per week for each member in your household.

COVID-19 is still present throughout our NITHA communities. For self-testing kit pick up locations and availability, please contact your local Band Office or local Pandemic Coordinator for your specific community locations.

Questions and Answers

Why should I test my household?

Routine, voluntary testing at home will help prevent transmission and help keep your home, workplace, schools and communities safe. It is important that this test be done for your health as well as to put in safety measures to keep your family safe from further spread.

Who can I test?

The testing kits are to be used for testing each member of your household, with or without COVID-19 related symptoms.

How often should we test?

NITHA recommends self-testing each member of the household one to two times per week.

Are these tests safe?

Yes, the self-test is a gentle swab on the inside of the nose that is easy to perform and completely safe.

What do I do if I or someone in my household tests positive?

Self-isolate for five days (regardless of vaccination status) from the date of test or 48 hours after your symptoms have ended, whichever is later. Notify your close contacts. This is anyone you have been within two metres of for longer than 15 minutes.

How do I dispose of the used tests?

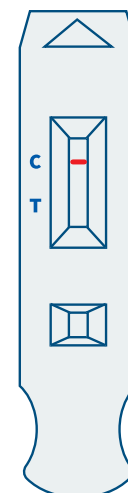
You can dispose of the testing supplies in your standard garbage.

Who can we reach out to if we have questions about self-testing?

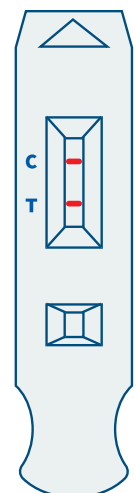
You can contact your Community Health Clinic or visit NITHA's website at www.nitha.com

Can self-tests be used to provide proof of a negative COVID-19 test result?

Provincially supplied negative self-tests (rapid antigen tests) will not be accepted as valid proof of negative COVID-19 test results. However, test results purchased through an approved testing provider, or a user-paid monitored testing program will be accepted.



Negative test result



Positive test result

Call your Community Health Centre if COVID-19 symptoms develop or worsen.

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