



Throat and Nares Collection Using Rapid Antigen Tests

There are two methods of specimen collection for a Rapid Antigen Test: nasal swab and a throat/nares (nostril) swab. Evidence has shown that although both methods are acceptable, the throat/nares collection does provide better results for detection of COVID-19 and the Omicron variant. If you choose to only swab one site, it must be nasal, as throat swab alone will not provide accurate results.

Step 1. Do not eat, drink, vape, smoke, brush teeth or chew gum 30 minutes prior to testing

Step 2. Prepare supplies



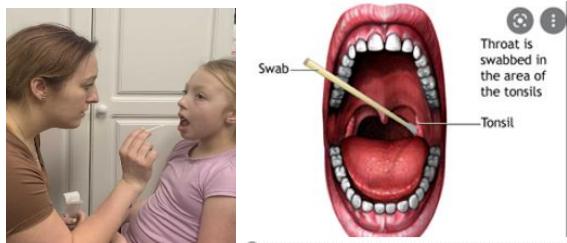
Wash hands before starting. Prepare your testing area and lay out the supplies you will need on a clean surface:

1. Tube rack
2. Testing device
3. Tube and cap
4. Bufferfluid
5. Swab

Step 3. Prepare the test according to package instructions

Although tests vary depending on brand, most require buffer to be added to the tube and placed in the rack to be ready to place the swab inside.

Step 4. Obtain throat swab



Swab the back of the throat (avoiding the tongue, teeth and lips). Swab the tonsillar area in the back of the throat for 5 seconds on each side.

Step 5. Obtain nasal swab



Swab the nares using the same swab. Insert the swab about 1 cm into the nares, rotate 5 times, remove and repeat on the other side.

Step 6. Process the sample.

Place the swab in the tube. Follow the package instructions for processing the test, adding the drops to the testing device, and waiting the allotted time to read the test results.

Step 7. Positive results do not require a confirmatory PCR test.

Refer to the [Ministry of Health's Self-Testing Guidelines](#) for advice on how to proceed once results are displayed and test processing time is complete.