

# Flowflex COVID-19 Self-Test Tips



## Watch the COVID-19 Flowflex Self-Test Video



<https://bit.ly/flowflexselftestvid>



Visit our webpage for more information on COVID-19 Self-Tests

## Test Results

- Only a **C** Line = Negative
- No **C** Line = Not valid; repeat with a new test.
- Any **T** Line = COVID-19 present (report positive test to the school/office)



## Important Safety Information

- Do not use this test on a child less than 2 years old.
- The test may be self-administered by someone ages 14 years and older. A child ages 2-13 will require the assistance of an adult.
- Do not use this test on anyone who is prone to nosebleeds or who has facial/head injuries or surgeries in the last six months.
- Avoid touching the test liquid which contains a small amount of sodium azide, and may cause irritation to the skin, eyes, nose or mouth.

## Prepare to Take the COVID-19 Self-Test

- Do not use a test if the package is damaged or open.
- Check to make sure the test is not expired.
- Have a timer or clock available for reference.
- Wash or sanitize your hands, make sure they are dry before starting the test.
- Place the test on a clean, flat surface, where no pets or children can disrupt while testing.
- Do not use nasal sprays, smoke or vape for 30 minutes before taking the test.
- Remove any nose piercings.

## Taking a Test or Helping a Child to Take a Test

- Hold the handle of the swab; do not touch the soft tip with your hands.
- Gently insert the entire soft tip of the swab into one nostril until it meets some resistance; this is about three-quarters of an inch, or less if a young child.
- Rub the single swab in a circular motion inside of both nostrils five times.

## Storage

- Keep the tests at a temperature between 36-86°F (2-30°C), in a dry location, and out of direct sunlight. You may store the self-tests in your refrigerator, but not the freezer.

## Disposal of Test Materials

- Once your test is complete, put all test kit contents in your general household waste.
- Wash your hands thoroughly after disposal.
- Test materials are single use. Do not re-use.