



Step by Step Self Screening Guide

Step 1: Please make sure your child's name and birthday are on the label on the test kit. You may also find the parent e-mail and classroom teacher name.

Step 2: Without touching the cotton tip open and remove the swab stick and choose either Nostril **or** Oral screening.

For Nostril Screening: Gently insert the swab into one nostril until you feel a bit of resistance, rotate 4 times and repeat in other nostril.

OR For Oral Screening: Swab inside of your mouth for 20 seconds. Be sure to swab each cheek, between upper and lower gums & around your tongue.

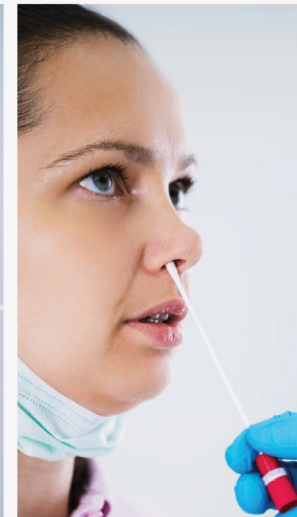
Step 3: Open the tube provided and lower the swab tip first into the tube. Carefully break the perforated handle of the swab and seal the tube.

Step 4: Place the tube into the biohazard bag. Seal the bag.

Step 5: After completing steps 1-4, please have your Winkelman student bring their specimen tube in the biohazard bag to class. They will be collected in class. Field students will deposit it in the collection box as they enter school.

If you choose not to administer the test, please have your child bring the unopened back to school.

Step 6: Wait for results to be emailed to you. District 31 will also have access to the results.



www.RaviniaHealth.com

This guidance addresses use of Covid-19 PCR testing in schools, businesses, and other community setting. Testing may be conducted by oneself or administered by another individual. To perform the screening to others, inclusive of minors, the individual administering the tests does not need to be a medical professional.