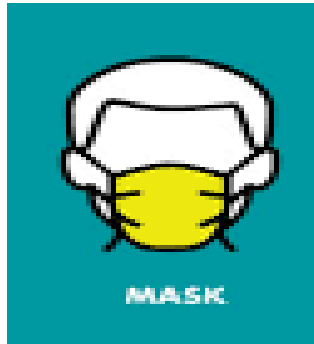


CORONAVIRUS (COVID-19)

Rapid Antigen Testing

We have all made big changes in our lives
to avoid getting sick from COVID or spreading germs to others,
such as:



(1) Staying home, (2) Washing hands often, (3) Wearing a face mask, (4) Seeing friends/families virtually (instead of in person) and (5) Getting vaccinated.

Another way to stay safe and to avoid the spread of COVID is to get tested for COVID more often.



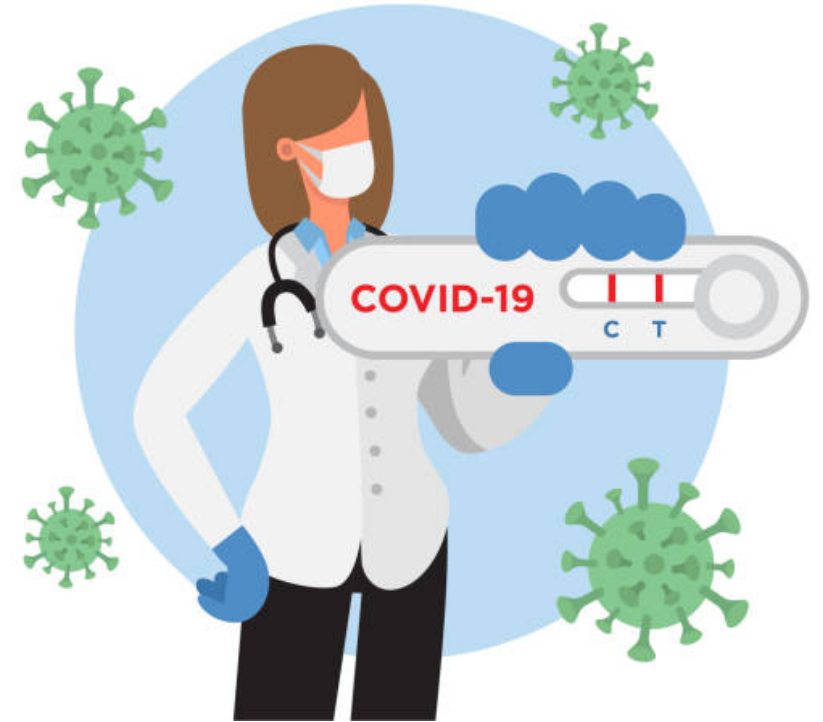
This will be done through Rapid Antigen Tests.

WHAT ARE RAPID ANTIGEN TESTS?

Rapid Antigen Tests are tests people take to see if they have COVID before they have symptoms.

These tests are being used to catch COVID before it spreads to others.

This is helpful because people can spread the virus without knowing they are sick.



WHO CAN TAKE A RAPID ANTIGEN TEST?

This test is for people who feel healthy and do not have symptoms of COVID or for people who have not been in contact with someone who has COVID.

A lot of people will be taking these tests. This means my family, housemates/peers and staff will be taking Rapid Antigen Tests.

This also means I may be taking Rapid Antigen Tests.



WHO SHOULD NOT TAKE A RAPID ANTIGEN TEST?

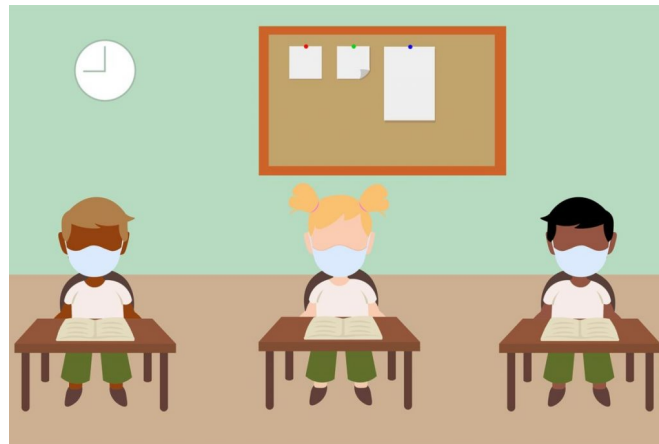
If I feel unwell or if I have been in contact with someone who has COVID,
I will not take this test.



Instead, I will go to a location outside of my home to take a different COVID test that is more accurate.

WHERE CAN I GET A RAPID ANTIGEN TEST?

Rapid Antigen Tests may happen at supported homes, schools and day services.

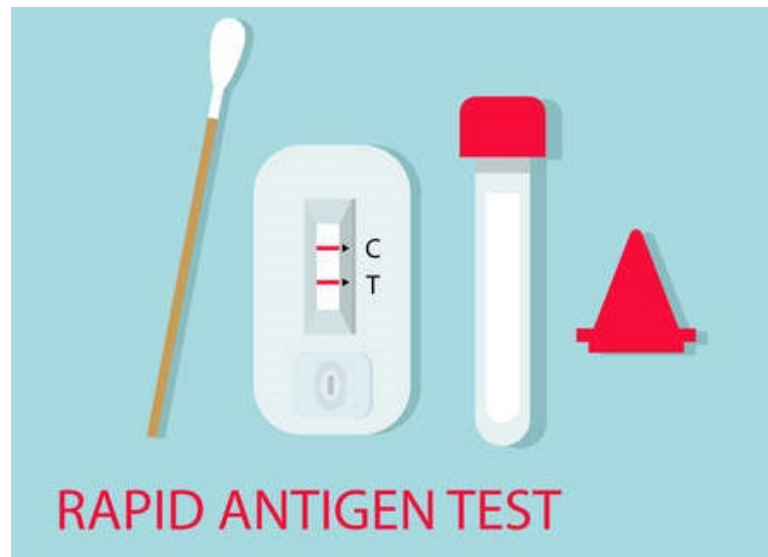


These tests may also happen in malls, retail stores, holiday markets, public libraries and transit hubs.

HOW OFTEN WILL RAPID ANTIGEN TESTS OCCUR?

Rapid Antigen Tests should be taken 2-3 times a week for people who feel healthy.

This means that my staff, housemates/peers, and I may be taking these tests often to keep everyone safe.



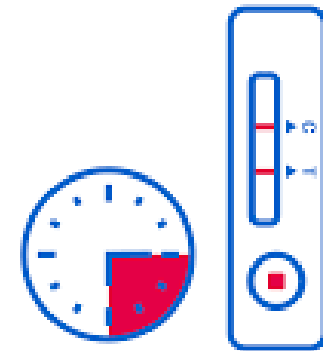
WHAT TO EXPECT WITH A RAPID ANTIGEN TEST?

Rapid Antigen Tests are quick and easy to use.

Someone will place a swab (which looks like a Q-tip) into my nose. For this test, the swab does not go far up the nose, so it is more comfortable than other COVID tests.

After 15 minutes or so, I will get the results of the test.

My family, staff or supervisor will help me take the test.



15 – 30 min

WHAT TO EXPECT WITH A RAPID ANTIGEN TEST?

If I feel healthy and get the okay (test negative) from the Rapid Antigen Test, this means I can continue on with my day/activities as planned.



WHAT TO EXPECT WITH A RAPID ANTIGEN TEST?

If I do not get the okay (test positive) from the Rapid Antigen Test,
I might have COVID.



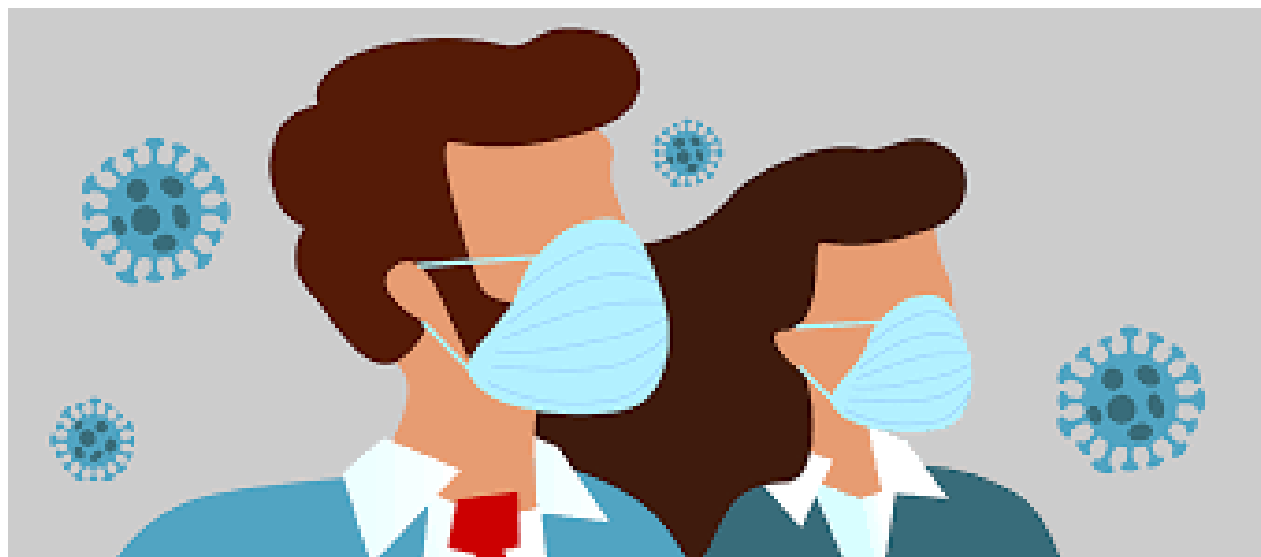
This means that I will need to take another type of COVID test (which is more accurate) and self-isolate. My staff/family will support me with this.

WHY TAKE RAPID ANTIGEN TESTS NOW AND NOT BEFORE?

- COVID is still spreading and making people sick.
- The winter months are here and people get more sick from COVID in the winter months.
- A new variant of COVID (Omicron) has come and is spreading quickly.
- More Rapid Antigen Tests are now available to use.

FOLLOW THE RULES

Along with getting tested more often, I will still need to follow all the COVID rules to keep myself and the people around me safe.

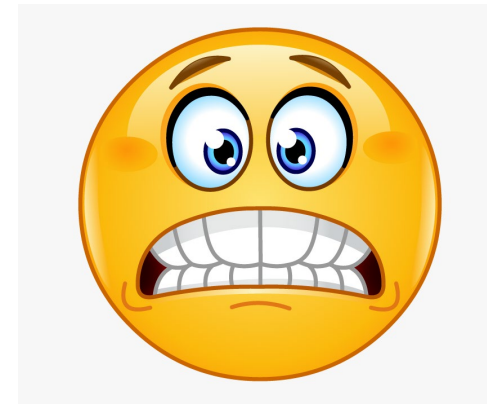


This includes:

- Getting my vaccine booster
(third dose of the COVID vaccine)
- Wearing a well fitted mask
- Cleaning my hands often with soap and water
or hand-sanitizer
- Keeping 2 meters/6 feet distance from others
- Reducing in-person contact with others
- Staying home if I am feeling sick



Learning about Rapid Antigen Tests might make me feel different emotions.



It is *okay* to feel this way.

I have people in my life who are here to support me.

If I have questions or need support I can talk to them.