



## REQUIRED STEPS FOR USING BinaxNOW COVID-19 Self-Test

### When can you use home testing to determine if your Mill Falls child is COVID positive?

Your child MUST have COVID-related symptoms in order to utilize a home test and use it as evidence that your child is COVID negative. If someone is symptom free, you must pursue a PCR test for reliable results.

### Which home test is permitted?

In this initial phase, we will only be accepting home test results from **BinaxNOW COVID-19 Self-Test**.

### What are the steps to using a BinaxNOW COVID-19 Self-Test to determine if your child with COVID-related symptoms is negative and therefore welcome to be at school once his/her symptoms improve?

1: Your child must be exhibiting COVID-related symptoms. These are:

- Fever/chills (measured 100.4F)
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Fatigue
- Headache
- New loss of taste or smell
- Runny nose or nasal congestion
- Muscle or body aches
- Nausea or vomiting
- Diarrhea

2: Purchase a **BinaxNOW COVID-19 Self-Test** – the packet contains 2-tests. You will need to use BOTH of these for the tests you will do on each child, each time they have COVID-related symptoms (as noted in the steps below).

3: The test on the child with COVID-related symptoms must be administered by an adult parent/guardian.

4: The adult parent/guardian administering the test must watch the following Video BEFORE administering the test:

**HOW TO: A Guide for the BinaxNOW COVID-19 Self-Test**

Link: <https://www.youtube.com/watch?v=baQQfoX-JXo>

5: The parent/guardian must take a picture of the test result **AT THE TIME OF THE TEST** and send that to the school via email to [Office@millfalls.org](mailto:Office@millfalls.org). **The pictures will only be accepted via email!**

### If the Result is NEGATIVE:

The Student will be required to:

1. **Stay home until** at least 24 hours or until the symptoms significantly improve (without medicine). A reminder as per our handbook, students are not welcome at school unless it has been 24 hours since they had fever (not controlled by medication), vomiting or diarrhea. Any cough and/or congestion must be significantly improved so that they do not

put other members of our school community at risk for spreading their illness.

2. On the day the child is well enough to return to school:
  - The parent/guardian **MUST** perform a second home rapid test not less than 36 hours after the first test and not more than 3 days after the first test (as per manufacturer instructions).
  - Take a picture of the second test and email **BOTH** negative test results to [Office@millfalls.org](mailto:Office@millfalls.org).
  - The child will be welcomed back to school only after a second negative home rapid test.
3. Before the child can enter the building, the parent/guardian must:
  - Have sent in both photographs of both of the negative tests **AND**
  - Provide a completed COVID Home Test Form **which can be accessed by clicking here or visiting our website at:**
  - This form can be submitted as a printout or sent via email to [Office@millfalls.org](mailto:Office@millfalls.org).

*Please note: If coughing, sneezing, and other COVID-related symptoms do not improve significantly, the school reserves the right to require a follow-up test at a medical facility.*

### If the Result is POSITIVE:

1. Please immediately notify the school via email to [Office@MillFalls.org](mailto:Office@MillFalls.org)
2. The student will begin his/her isolation period of 10 days from the onset of symptoms or the positive test.
3. Families will also be strongly encouraged to seek medical evaluation and guidance about how to manage a COVID-positive patient at home.
4. Please note, if the Mill Falls Student has a sibling, he/she will not be welcome at school until his/her quarantine period is complete.
5. We will speak individually with families about that timeline for isolation (COVID-positive student) and quarantine (for siblings).

### What kind of testing can you get when you or your child are asymptomatic? (i.e., NOT showing COVID-related symptoms)?

- *If a person is NOT experiencing COVID-related symptoms but has potentially been exposed to someone who is COVID positive, you must seek a PCR test for an accurate assessment of the person's COVID status.*
- Currently in NH, PCR tests are more readily available than rapid tests.
- Because the PCR test has to be processed at a lab, and because there is currently a high demand for these tests, results may not be received for 3 days or more.
- The City of Manchester is currently offering free PCR testing, 7 days a week at the Hunt Pool Complex from 9-3 (walk up, no appt necessary).