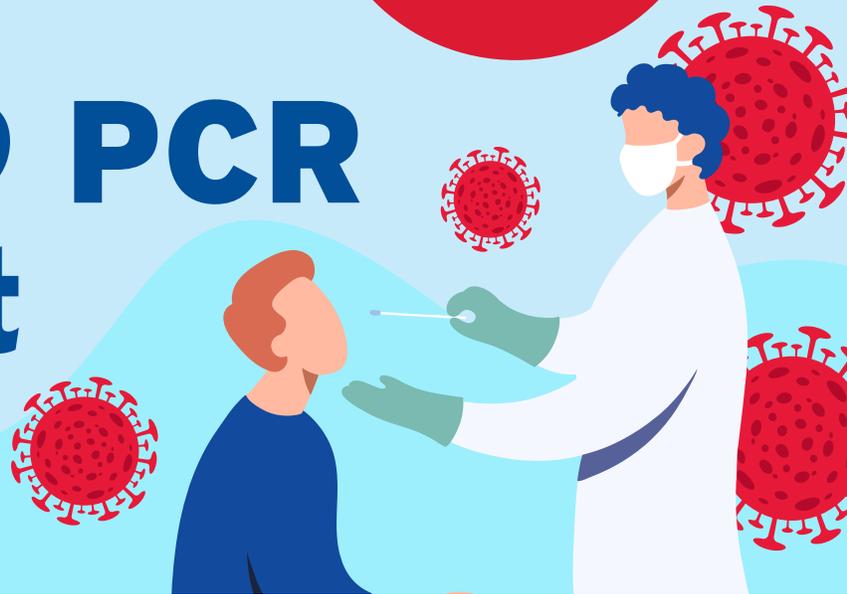


COVID-19 PCR Swab Test

Guide for Patients



WHAT IS THE COVID-19 PCR SWAB TEST?

PCR testing (also known as polymerase chain reaction testing), is a swab test that tells you if you have an active COVID-19 infection and are contagious to those around you. The test works by detecting genetic information of the SARS-CoV-2 virus in your sample. This sample is collected by a health care provider, typically using a swab inserted into a person's nose or throat.

WHO IS COVID-19 PCR SWAB TESTING FOR?

Consider getting a COVID-19 PCR Swab testing if you:

- Are experiencing any symptoms of COVID-19 (such as fever, cough, shortness of breath, sore throat, feeling weak). For a full list of symptoms, visit the Government of Canada website - Coronavirus Disease (COVID-19).
- Have been exposed to COVID-19 in the last 14 days (and may or may not have any symptoms).
- Are not experiencing any symptoms and require COVID-19 PCR testing (with, or without a COVID-19 antibody test) for **travel clearance**¹ to an international destination.

HOW CAN I GET A COVID-19 PCR SWAB TEST?

If you require the COVID-19 PCR Swab test for the purpose of flight clearance, use the LifeLabs FlyClear program by visiting [LifeLabs.com/FlyClear](https://www.lifelabs.com/flyclear) to learn more and purchase the service. You can then book an appointment at a participating FlyClear location near you to get your PCR swab sample collected. Your results and accompanying signed doctor's letter* will be sent to the email you provided when ordering. Please note that in order to receive a COVID-19 PCR swab test through FlyClear **you must not be exhibiting any symptoms of COVID-19.**

*If you are traveling to Hawaii, you will be provided your results and the Hawaii-specific Trusted Partner COVID-19 Test Result Reporting Form.

Please note: LifeLabs only offers PCR Swab testing for travel purposes. For testing purposes other than flight clearance, speak to your health care provider in order to get the PCR Swab test through a government-authorized testing centre or hospital.

1. LifeLabs COVID-19 antibody blood test is acceptable for the requirements to travel to China and other countries that specifically require this test for flight clearance. Customers are responsible for knowing and meeting all other conditions of travel to their destination. Although the current test meets the requirements for travel to various countries, those requirements may change. The customer accepts the risk of this change. LifeLabs will not be liable to the customer for such a change.

WHAT DO MY RESULTS MEAN?

The COVID-19 PCR Swab test is reported as **negative** or **positive**.

A **positive** result will require guidance from a health care provider. If your result is **positive**, LifeLabs will provide you with an opportunity to talk with a LifeLabs health care professional to discuss your results.

If you have a **positive** test result, it is very likely that you have COVID-19. Therefore, it is also likely that you would be asked to self-isolate to avoid spreading the virus to others. It is possible, but unlikely, that the PCR test may provide a **positive** result that is wrong (known as a false positive).

A **negative** test result means that the virus that causes COVID-19 was not found in your sample. For COVID-19, a negative test result for a sample collected while a person has symptoms usually means that COVID-19 did not cause your recent illness.

However, it is possible for this test to give a **negative** result that is incorrect (known as a false negative) in some people with COVID-19. This means that you could possibly still have COVID-19, even though the test result is **negative**. If this is the case, a health care provider will consider the test result together with your symptoms (if any), possible exposures, and geographical location of places you have recently traveled) in deciding how to care for you.

It is important that you work with a health care provider to help you understand the next steps you should take.

Very occasionally results will come back as invalid/indeterminate. Invalid/indeterminate results can occur for a variety of reasons.²

² If you purchased COVID-19 PCR swab testing through FlyClear and receive an invalid/indeterminate result, it will not be possible to provide your conclusive results to you before your travel. In this case, a full refund will be provided. Please visit our website to learn more about how you can request a refund.