

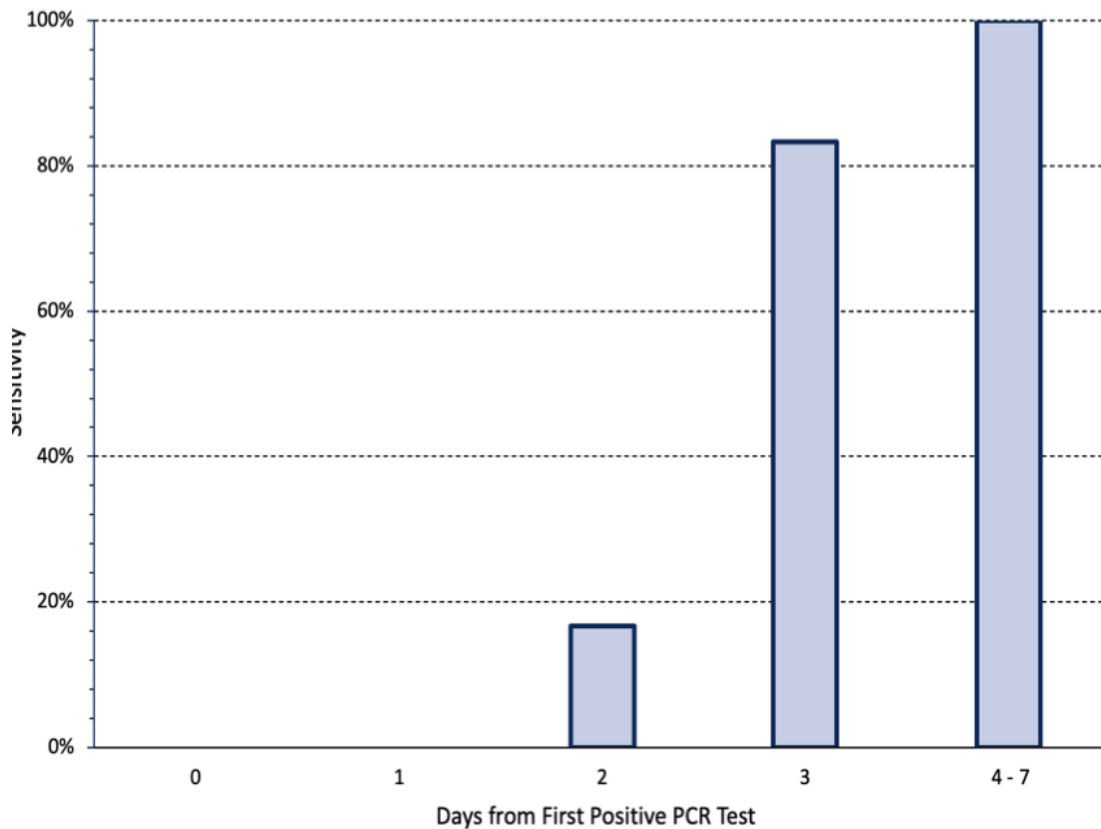
Summary from the Science Advisory Table
on [Use of Rapid Antigen Tests during the Omicron Wave \(click to go to report\)](#)

~ NASAL Rapid Antigen Tests (RAT) are less sensitive in detecting Omicron, especially in first 1-2 days of symptoms

~ They recommend, with the same swab, swabbing both cheeks, back of the tongue and both nostrils.

~ A single negative RAT is not enough when you have symptoms.

**(A study of people working in high risk settings were tested regularly for COVID.
When their PCR test was positive they were given RAT to test daily.
As you see it took several days to become +)**



~ It is recommended 2 RAT be completed 24-48 hours apart (government recommendation) or 3-5 days apart (based on study above).

~ (if you are fully vaccinated), it is recommended to isolate at home until you are fever free AND symptoms are improving for over 24 hours. However, if you have nausea, vomiting, diarrhea, these must be improving for 48 hours.

~ (if you are not fully vaccinated, it is still recommended you isolate for 10 days from the start of symptoms or a positive test).

Public Health Recommendations:

~ if you have symptoms, your household members are to remain home and isolate from you

~ if you are not fully vaccinated and are a contact of someone with symptoms or a positive RAT/PCR you are to isolate at home

<https://www.niagararegion.ca/health/covid-19/self-isolation/community-guidance.aspx>