

COVID-19 RAPID TESTING SITE

Frequently Asked Questions from Rapid Testing Participants

1. What are Rapid Antigen Detection Tests (RADTs)?

There are two main types of COVID-19 tests: RADT and polymerase chain reaction (PCR). The tests used at the employer-led testing sites are RADTs which are based on detecting viral proteins (antigens). These are screening tests which produce test results in a short amount of time, but with a lower accuracy than the standard tests that are used at Primary Assessment Centres (PACs). While there is a chance of having a false negative or a false positive with these types of tests, the RADTs are still a good tool to use in asymptomatic cases. Since the fall of 2020, RADTs have been made available to select federal organizations with front-line staff, provinces and territories as a screening tool to support COVID-19 efforts.

2. Why are we initiating COVID-19 rapid testing at MARLANT?

MARLANT has elected to set up and operate a voluntary COVID-19 RADT program to provide Defence Team (DT) members with access to weekly COVID-19 testing at the workplace. The goal is to add an additional layer of protection to our established Public Health Measures (PHMs) to prevent the spread of COVID-19 in the workplace. This Rapid Testing (RT) site has been established with the full cooperation of the MARLANT Health Safety and Environmental Policy Committee, and with support from the Nova Scotia Department of Health and Wellness.

3. Where and when will rapid testing take place at MARLANT?

The first testing site is now up and running, operating Monday-Friday from 0800 – 1300 at HMCS SCOTIAN, with a target of 400-500 tests conducted daily. See question 6 below for information on who can get tested at this site. Rapid testing sites will be established at Windsor/Willow Park and Shearwater in the near future.

4. How long will rapid testing at MARLANT be available?

The testing will take place from 26 May – 31 Aug 2021. The program will be re-evaluated NLT 15 Aug 2021 to determine if extending until 31 Oct 2021 or beyond is required.

5. Do I need an appointment to get a rapid test at MARLANT?

No. DT members can drop in and get a rapid test during their unit's weekly scheduled time slot. Liaison Officers (LO) have been assigned to each organization to interface with the units and develop a schedule based on the number of DT members within each unit. The target goal is to complete 100 tests per hour.

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6. Where can I find my unit's weekly schedule?

The general schedule for the rapid testing site can be located on the MARLANT Splash Page.

7. Who should I contact if I have questions regarding the schedule for rapid testing?

Each organization has an assigned LO. The assigned LOs are as follows:

Fleet	Lt(N) Ben Deutsch
Base (CFB Halifax, CFMWC, TC Halifax)	MWO Luddington
NPTG (NTDC(A), NFS(A), PCC (A), FA(A))	SLt Aslan
FMFCS	LCdr Cindy Hawkins
MARLANT HQ (JTFA HQ, NFR, MCC & Trinity, STG, CFHS, JRCC, RP OPS, 5 Cdn Div HQ)	SLt Cormier

8. Who can get tested at this testing site?

All personnel working in the Dockyard and Stadacona* (including contractors) who meet the following criteria:

- 16+ years old
- No COVID-19 symptoms
- Have had no contact with people with COVID-19
- Have not been to a location with a known COVID-19 exposure
- Have not left Nova Scotia in the last 14 days

*Defence Team members and contractors working on other Halifax-region DND properties (ex. Windsor/Willow Park, Shearwater, CFAD, DC Div) will not have access to the SCOTIAN test site due to limited parking availability; however, additional sites will be established in the near future. Until then, those individuals not working at Dockyard and Stadacona are encouraged to seek rapid testing sites in their home communities. Multiple testing methods available through the Nova Scotia Department of Health and Wellness can be viewed here: [COVID-19 Testing | Nova Scotia Health Authority \(nshealth.ca\)](https://www.nshealth.ca)

9. If I have no symptoms, why should I still go get tested?

COVID-19 can be spread to others from someone who's infected but not showing symptoms.

10. If I have been vaccinated, should I still get tested?

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Yes. Even if you have been vaccinated, you can still be infected with COVID-19 and potentially spread it to others.

11. How often should I get tested?

Getting tested regularly is an important measure to help curb the spread of COVID-19. Personnel are encouraged to make rapid testing part of their weekly routine.

12. Can I use the results for travel purposes?

No. The majority of countries that require a negative test for travel require it to be the PCR test which is done at primary assessment centres.

13. What is the process and will it hurt?

You will be given a nasal swab, which you will use to collect your own sample. You will be instructed to swab each nostril by placing the swab inside and to the top of the nostril (approximately one inch) and rotating around each nostril 10 times.

14. Is this difficult to do?

If you can pick your nose, you will be able to administer a self-swab. Although it may be mildly uncomfortable, it is not difficult to do.

15. Do I need to advise my Chain of Command/supervisor if I elect to get a rapid test at the MARLANT test site?

Yes. As per any absence from the workplace, you are required to notify your Chain of Command/Supervisor.

16. How will I get my result?

While waiting for the delivery of the test results, personnel may go to their usual workplace.

If negative, you will receive your results via text message.

If positive, you will receive a phone call and be provided further instructions, followed by a text message.

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17. If the test result is NEGATIVE, does that mean I am COVID-19 free?

Not necessarily – any test can miss an infection early on when it is just starting. This can happen for many reasons:

- The virus could still be present in low level
- One could get exposed to COVID-19 anywhere and at any time, even after getting your negative test result

18. What should I do once I receive my negative result?

Continue protecting yourself and others by mask-wearing, hand-washing, physical distancing and by keeping your social bubble small.

If you develop any symptoms, please use the online screening tool or call 811.

19. If the test result is POSITIVE, what happens?

You will receive a phone call followed by a text message.

You will need to inform your supervisor of the situation.

You will need to obtain a lab requisition form as directed during the phone call.

After informing your supervisor and attaining your lab requisition form, you are required to go home and self-isolate.

Once at home, you are required to go to the online screening tool to book a PCR test at a primary assessment centre (PAC).

You will be responsible to take the provided lab requisition form to your PAC appointment (you are permitted to break self-isolation to complete your PCR test).

You are required to self-isolate until you receive a negative PCR result or further direction from Public Health.

It is strongly recommended that individuals with whom you live should also book a PCR test.