

How to use a Rapid Antigen Test

July 2022

Test instructions vary depending on the brand. Many rapid antigen testing kits generally follow the instructions below, but not all. Please follow the manufacturer's instructions.

Collecting a sample



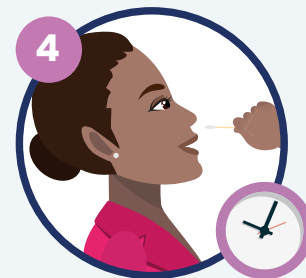
1 Remove a nasal swab from the pouch.



2 Insert the swab into one of your nostrils up to 2-3cm from the edge of the nostril.



3 Slowly roll the swab 5 times on the inside surface of the nostril. Using the same swab, repeat in the other nostril.



4 Check the kit box instructions to confirm the correct time frame to read your result. This may vary depending on the kit.

Testing the sample



5 Peel off aluminium foil seal from the top of the vial, which contains the solution buffer.



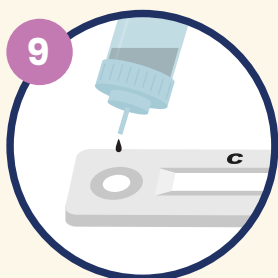
6 Place the swab into the solution. Rotate the swab vigorously at least 5 times. Check your instructions for how long to leave the swab in the solution.



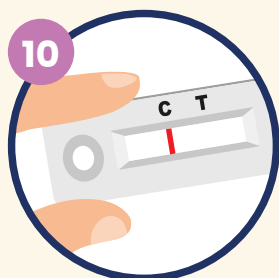
7 Remove the swab by rotating the swab against the vial, while squeezing the sides to release the liquid from the swab.



8 Close the vial with the provided cap and push firmly onto the vial. Mix thoroughly by flicking the bottom of the tube.



9 Turn vial upside down and hold it over the testing device. Squeeze vial gently. Allow between 3-5 drops to fall into the well on the device.



10 Please check the kit instructions and follow the confirmed time to check for your test result. Dispose of the used kit in your general waste.

Reading your result

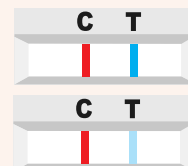
Negative

One line next to the **C** indicates the test is negative.



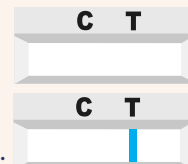
Positive

Two lines, one next to **C** and one next to **T** (even faint lines) indicate the test is positive.



Invalid Result

No line next to **C** indicates the test is invalid. With an invalid result you should retest. Follow manufacturer guidelines on how long to wait.



Reporting your result

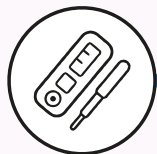
Report your result, whether positive or negative, at mycovidrecord.health.nz or call 0800 222 478 and press option 3. If you are in the Close Contact Exemption Scheme, you should advise your employer of your result.



COVID-19 – Testing guidance



Symptomatic person – means you have one or more COVID-19 symptoms. Go to covid19.govt.nz for more information



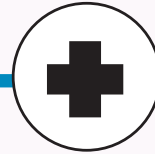
Take a RAT as soon as you can. If you get a positive result, once you record your result, you will receive more information.



Test 48 hours later if you tested negative but still have symptoms. Test sooner if you are at increased risk of severe illness due to age or underlying conditions or have rapidly worsening symptoms.



If you have trouble breathing, severe dehydration, a severe headache, underlying health conditions, feel lightheaded or dizzy, or are concerned about your health, contact your local healthcare provider or Healthline on 0800 358 5453 for advice and support.



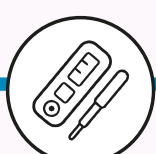
NOTE
If you test positive for COVID-19 and have other long term health issues, ask your GP or pharmacist if COVID-19 antivirals are right for you. These are most effective when taken within 5 days of onset of symptoms.



Household contact – means you live in the same house as someone who has COVID-19 but you don't have symptoms



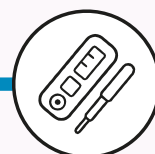
Someone in your house tests positive for COVID-19



Do a RAT test **3 days** after the case tested positive



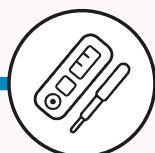
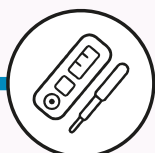
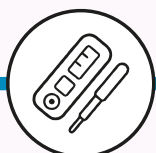
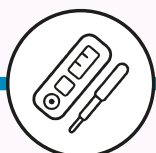
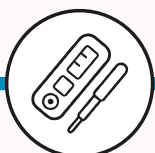
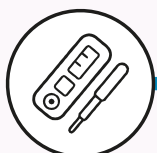
If you develop symptoms then you should follow the symptomatic person pathway (above scenario)



If you don't develop symptoms, you should test again **7 days** after the case tested positive.



Critical worker in Close Contact Exemption Scheme – means someone who is a critical worker and is eligible for CCES. Go to business.govt.nz for more information



Test each day you're working to check you're negative. You don't need to test on the days you are not working, but you still need to follow the CCES guidance for critical workers