

# 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.



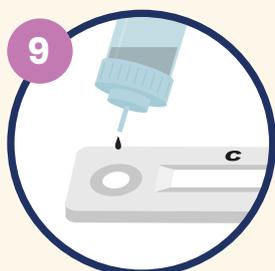
6 Place the swab into the solution. Rotate the swab vigorously at least 5 times. Check your instructions for how long to leave the swab in the solution.



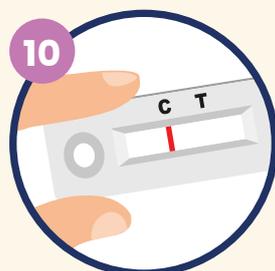
7 Remove the swab by rotating the swab against the vial, while squeezing the sides to release the liquid from the swab.



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

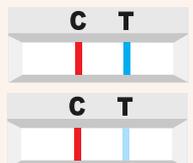
### Negative

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



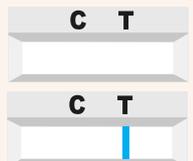
### Positive

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](https://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.



# What to do if you test positive for COVID-19

## Self-isolate at home for 7 full days.

Everyone in your household will also need to self-isolate.

Find out more about self isolating at home at [www.covid19.govt.nz/isolation-and-care/](http://www.covid19.govt.nz/isolation-and-care/)



**If you test COVID-19 positive**  
Self-isolate for 7 days. No further tests.



Day 0    1    2    3    4    5    6    7    Day 8

**If you are a household contact of a positive case:**  
Test negative at day 3 and day 7 you can leave self isolation.

**If you are a household contact who then tests positive**  
Your 7 days self-isolation restarts.

**If you still have symptoms on day 7**  
Stay home until 24 hours after you no longer have symptoms.

## If your RAT is positive

Enter your result on [mycovidrecord.health.nz](http://mycovidrecord.health.nz).  
Or call **0800 222 478** Option 3  
(8am-8pm -7 days a week).

You will be sent a text message with an access code and a link to the **COVID-19 Contact Tracing** form and information on what to do next.

### Fill in the COVID-19 Contact Tracing form within 24 hours

If the form isn't started within 24 hours, someone will call you to check in.

### If you need help filling in the form:

- email [help@tracingform.min.health.nz](mailto:help@tracingform.min.health.nz)
- if you don't have internet access call **0800 555 728**.

### If you feel unwell or are worried about your symptoms

**Medicines are available** for people most at risk of getting seriously ill with COVID-19 but they must be taken soon after you get symptoms.

**If you are older, not up-to-date with vaccinations or at high risk for other reasons, talk to your GP, community pharmacy or local healthcare provider to find out more.**

Call your doctor, nurse or iwi health provider between 8am-5pm. After hours, call Healthline free on **0800 358 5453**

**If you or a family member becomes very unwell, has difficulty breathing or feels unsafe, immediately call 111**

### If you need support while self-isolating, you and your family can:

- get help with food and essential items
- get mobile data so you can keep in contact with essential services, friends and whānau
- get support for personal care or daily tasks
- talk to your employer if you are worried about your leave or pay
- get mental health support, or support with family or sexual violence.

Call the national Ministry of Social Development line (7 days a week) on **0800 512 337**.  
Or contact your local support team.

You'll find more information on managing COVID-19 at [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) (it's free data to use this site).