How to take a **Rapid Antigen Test**

Most Rapid Antigen Test kits generally follow the instructions below, but not all. Please follow the manufacturer's instructions.

1 PREPARE

• Make sure to wash your hands before you start.
• Prepare a clear testing space to have your test - flat table top or desk is ideal.
• Lay out your testing items - you'll have two pouches.

2 SWAB

• Open the first pouch and pull out
  - the nasal swab (it looks like an ear bud)
  - the sealed vial that has liquid in it, and
  - the little vial cap.
• Put the swab about 2-3 cm up one nostril - rub it around the inside of your nostril, circling the entire nostril around 4-5 times and then pull it out.
• Put the same swab up your other nostril and do the same.

3 COLLECT YOUR SAMPLE

• Open the vial, being careful not to spill any liquid.
• Put the swab in the vial all the way to the bottom and then swirl it around and around to make sure that your swabbed sample mixes into the liquid.
• Pull the swab out, but pinch the vial while it's coming out. It's really important to squeeze as much liquid out of the swab and into the vial as possible.
• Put the cap on the vial and mix the liquid by thoroughly shaking it side-to-side or flicking it with your finger.
• Set the vial aside but keep it standing upright - you could try sitting it in a glass.
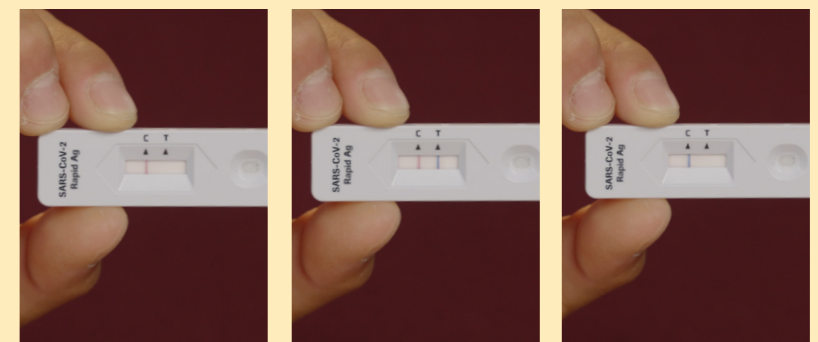

4 TEST

• Open the second pouch and remove the testing tray.
• Take your vial, turn it upside down, and gently squeeze 4 drops of the liquid into the little circular hole.
• Wait 15 minutes.

5 RESULTS

• After 15 minutes look at the square area on the testing tray

  - One red line under the C = negative for virus
  - Two lines - red line under the C and blue line under T = the virus has been detected (even if the blue line is faint)
  - One blue line under C = Invalid result
• Report your results on Mycovidrecord.health.nz, or call 0800 222 478 and press option 3
• If your test has detected the virus:

  - Please advise your employer and any other people you may have been in contact with

  - You will need to go into isolation. For up-to-date isolation requirements go to the *Advice for people with COVID-19* on the Ministry of Health website.

Not detected   Detected   Failed result

MINISTRY OF HEALTH
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