

# How to use a Rapid Antigen Test

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



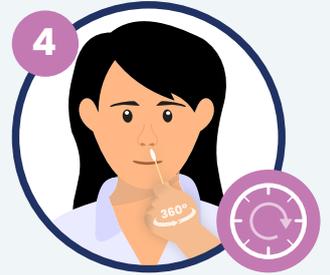
1 Remove a nasal swab from the pouch.



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 over the surface of the nostril. Using the same swab, repeat this collection process 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 extraction vial, which contains the extraction buffer.



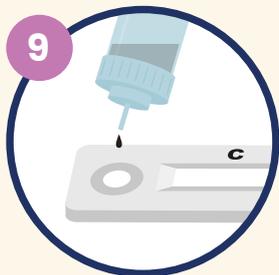
6 Place the swab into the extraction vial. Rotate the swab vigorously at least 5 times.



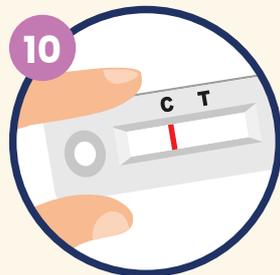
7 Remove the swab by rotating the swab against the vial, while squeezing the sides to release the liquid from the swab.



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 sample over sample well. Squeeze vial gently. Allow the required drops according to the kit instructions, to fall into the sample well.



10 Please check on the kit instructions and follow the confirmed time to check for your test result.

## Reading your result

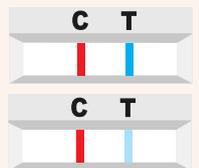
### Negative

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.



## Reporting your result

You need to report your result. This can be done on My Covid Record.

Log into [mycovidrecord.health.nz](https://mycovidrecord.health.nz) or call 0800 222 478 and press option 3.

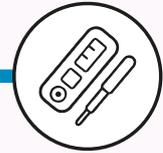
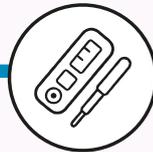
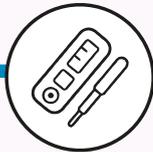
If you are in the Close Contact Exemption Scheme, you should advise your employer of your result.



# COVID-19 – Testing guidance



Household contact – means you live in the same house as someone who has COVID-19



Someone in your house tests positive for COVID-19

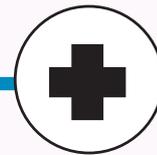
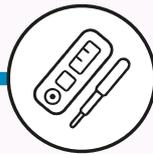
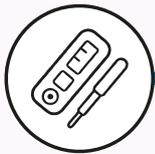
Do a RAT test **3 days** after the case tested positive

Test 24 hours later if you tested negative but still have symptoms. If you test negative again, contact a health professional for support.

If you don't develop symptoms, you should test again 10 days after the case tested positive.



Symptomatic person – means you have one or more COVID-19 symptoms. Go to [covid19.govt.nz](https://covid19.govt.nz) for more information



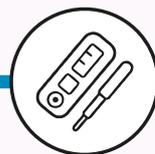
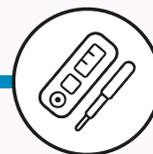
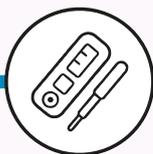
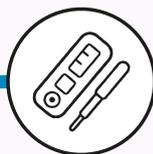
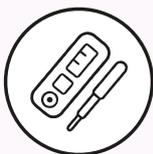
Do a RAT test as soon as you have one. If you are get a positive result, once you record your result, you will receive more information

Test 24 hours later if you tested negative but still have symptoms. If you test negative you should contact a health professional for support.

**NOTE**  
If someone you live with tests positive for COVID-19, refer to the testing plan for the household contact (above scenario).



Critical worker in CCES – means someone who is a critical worker and is eligible for CCES. Go to [business.govt.nz](https://business.govt.nz) for more information



Test each day you are working to ensure you are still negative. You don't need to test on the days you are not working.