

PATIENT SHEET

Using Your Rapid Antigen Tests (RATs)

Thank you for getting tested for Covid-19.

You have been provided with RAT tests because you have Covid like symptoms, and/or you have been identified as a household contact of a Covid positive case.

How to use your RATs

You've been given information on how to use the test, but it's also important that you use the tests on the right days and that you report your results appropriately.

You are ... Symptomatic but NOT a Household Contact:

- Use one RAT today.
 - If your first test is positive, treat as positive (no need to use the second RAT).
 - Please register your positive RAT result. See information below.
 - If your first test is negative, use the second test tomorrow.
 - If your second test is positive, treat as positive.
 - Please register your positive RAT result. See information below.
 - If the second test is negative, then you should stay home and isolate until you are symptom- free.
- PCRs are used in some situations. A health professional can advise you on the right test to take in your situation.

You are ... a Household Contact:

• Symptomatic?

- o Use one RAT today.
 - o If your first test is positive, treat as positive (no need to use the second RAT).
 - o Please register your positive RAT result. See information below.
 - o If your first test is negative, use your second test tomorrow.
 - o If your second test is positive, treat as positive
 - o Please register your positive RAT result. See information below.
 - o If the second test is negative, they you should stay home and isolate until you are symptom-free.
- PCRs are used in some situations. A health professional can advise you on the right test to take in your situation.

• Asymptomatic?

- Household contacts do not need to isolate
- if you are a Household Contact, you should test daily for 5 days with a rapid antigen test (RAT) from the day the person with COVID-19 tested positive.
- Wear a face mask if you leave your home during your 5 days of testing.
- If you test positive for COVID-19, you must self isolate for 7 days.

Registering your positive test result

Please report the results of your RAT through My Covid Record. To report your result, log in to your My Covid Record account: <https://mycovidrecord.health.nz/>

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Or call [0800 222 478](tel:0800222478) and press option 3.