Covid -19
Rapid Antigen Test
RAT

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What is a RAT?

The Rapid Antigen Test, or RAT is a type of Covid test that you can do at home.

Who can get a free test?

You can get a free test if:

- You have Covid symptoms.

- A person in your house has Covid.

- A doctor or nurse told you to get one.

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Where to get a test

Visit https://healthpoint.co.nz/covid-19/

Select a region or enter your address
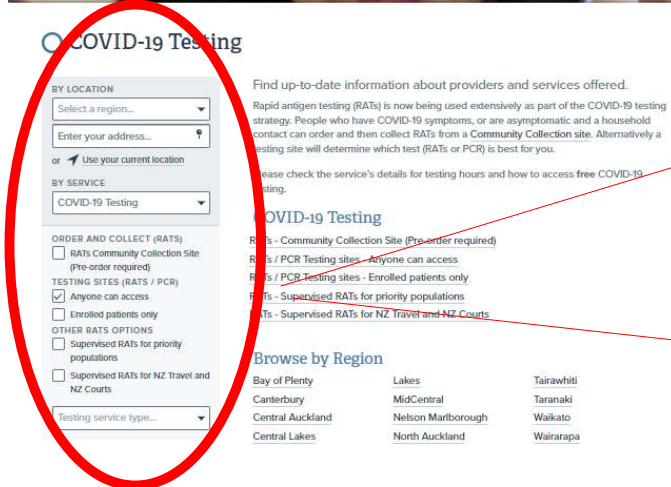
You will get one or two RAT test kits.
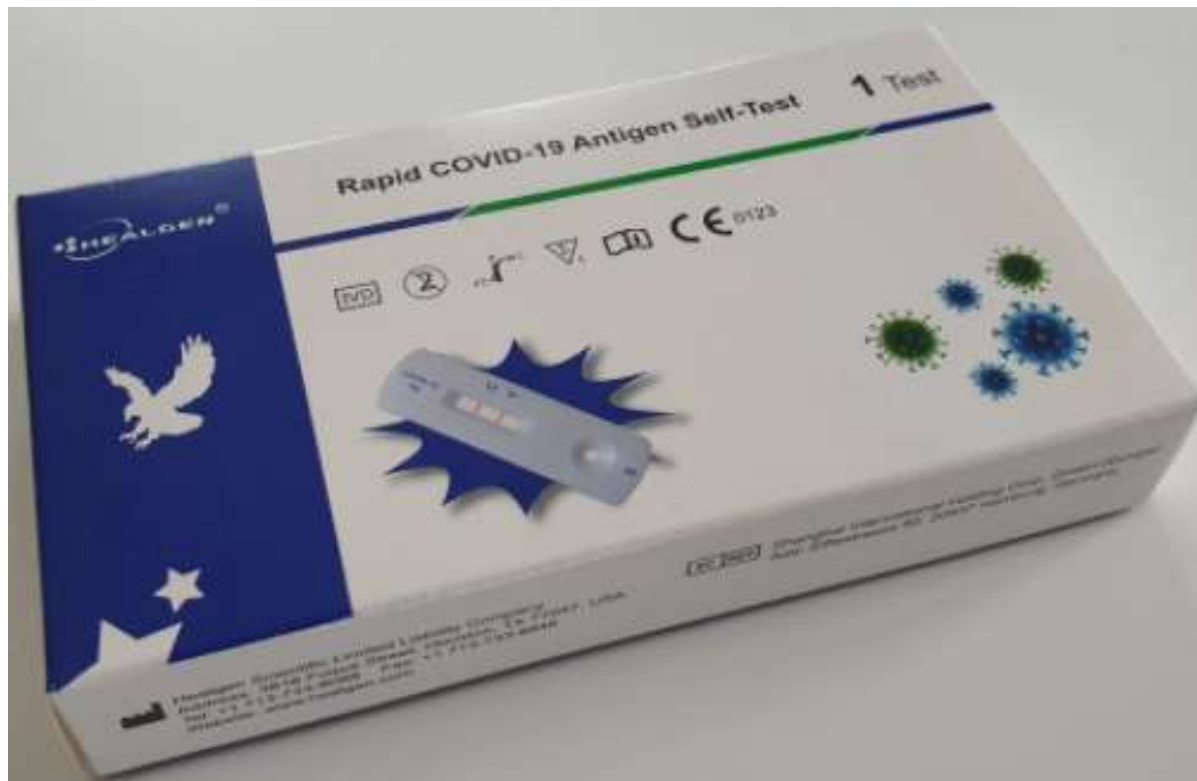
What's in the box?

1. box

2. instructions

3. test device in a package

4. Tube and cap

5. swab

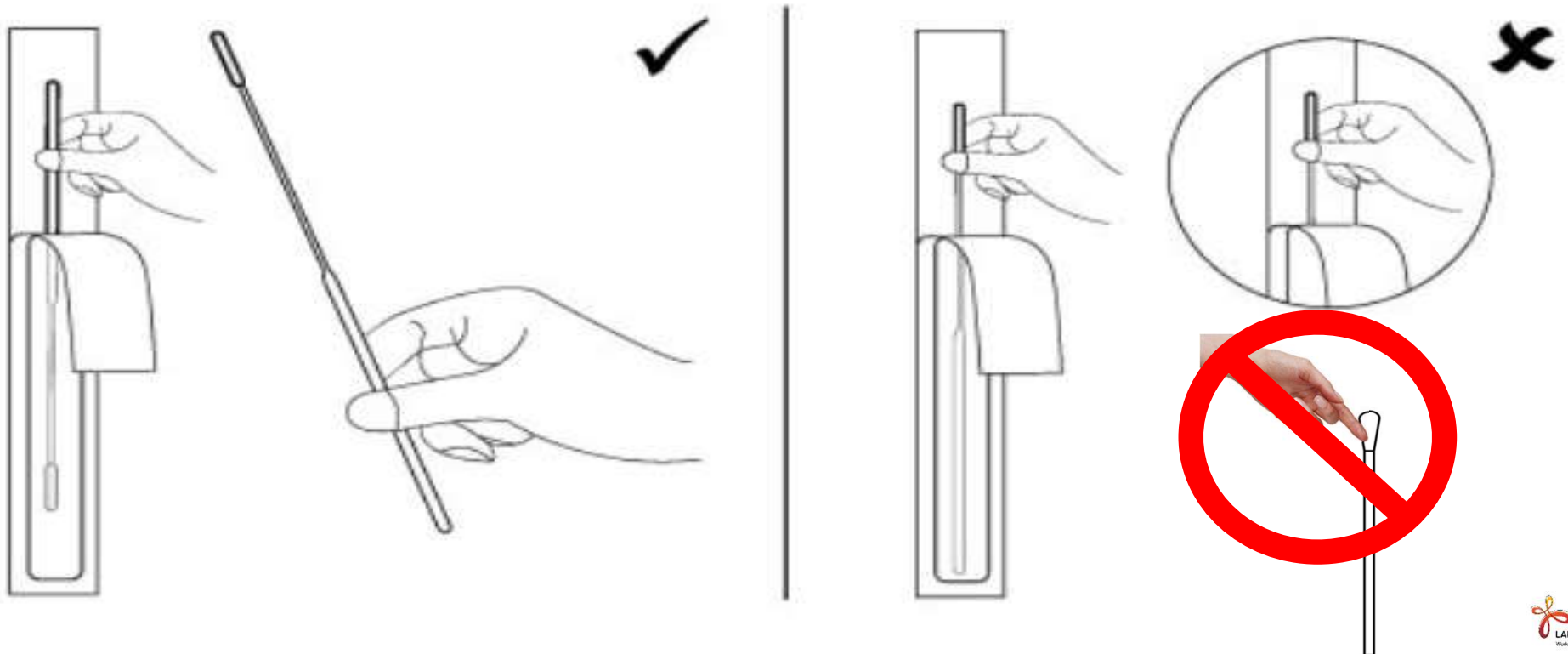ENGLISH LANGUAGE PARTNERS
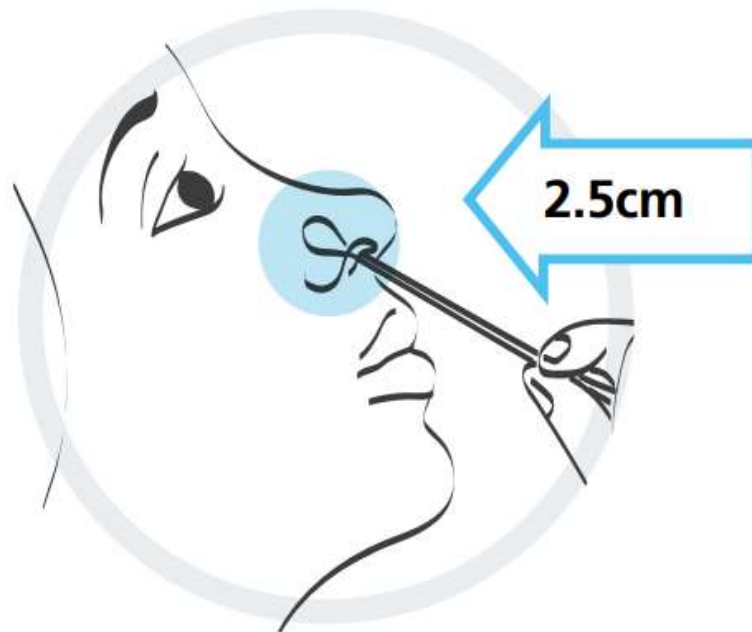Working with former Refugees and Migrants

1. Put the tube on a safe place. Use the hole on the box.
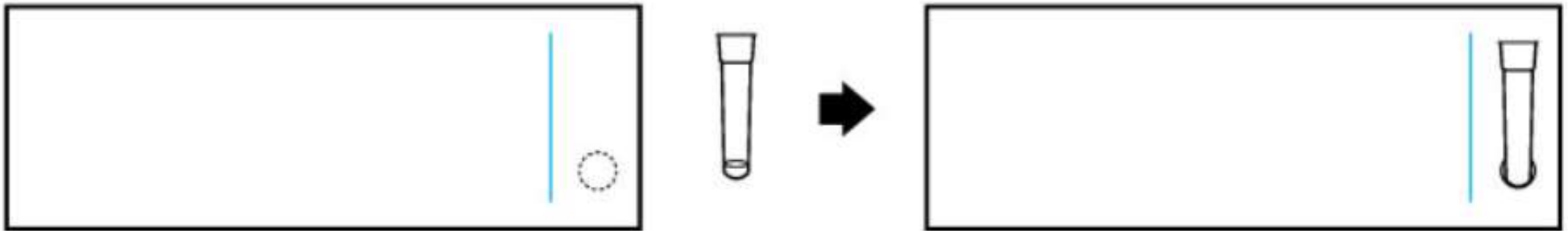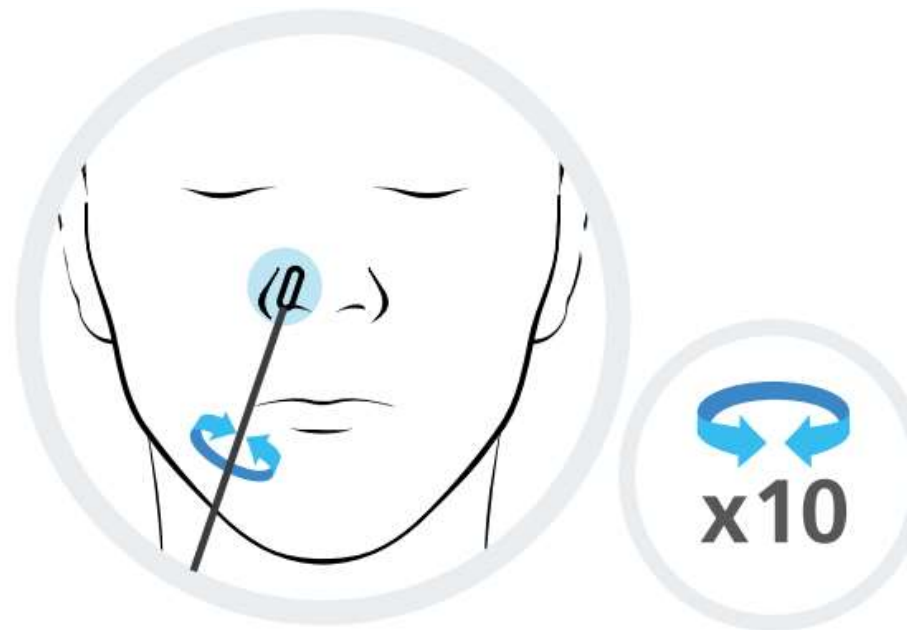
2. Open the swab package. Don't touch the swab tip.

3. Put the tip of the swab into your nostril.
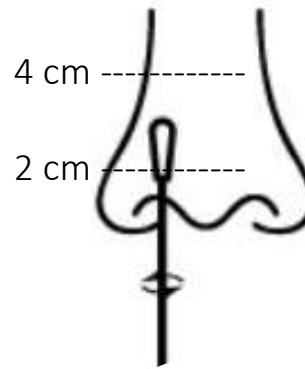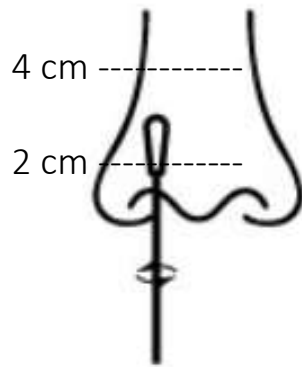

2.5cm

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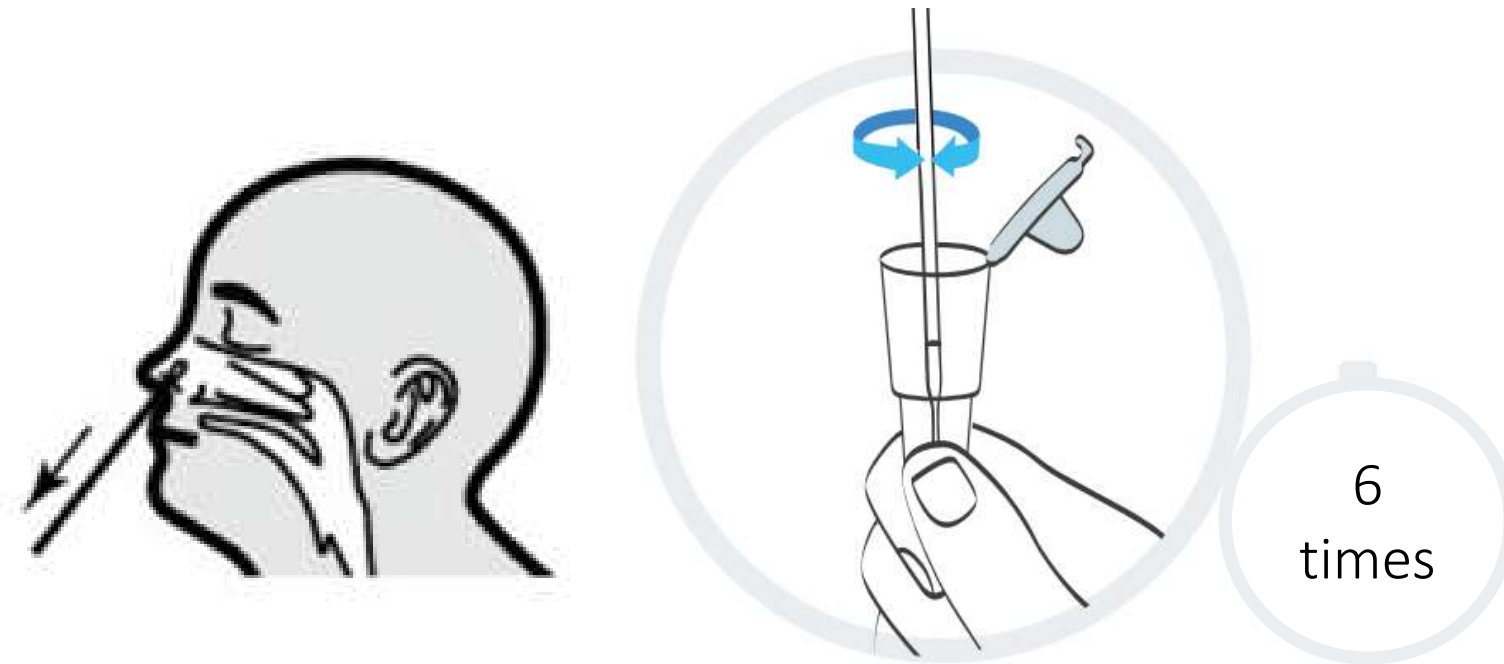Working with former Refugees and Migrants

4. Roll the swab around the inside of the nostril. Make 10 complete circles.
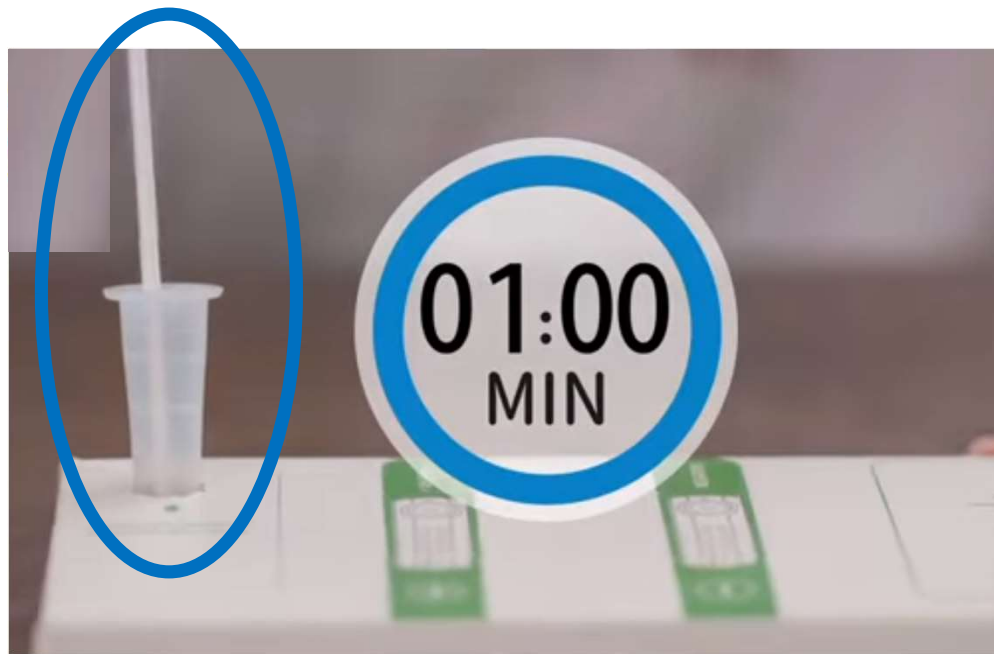
5. Remove the swab and put it into the other nostril. Make 10 more circles.
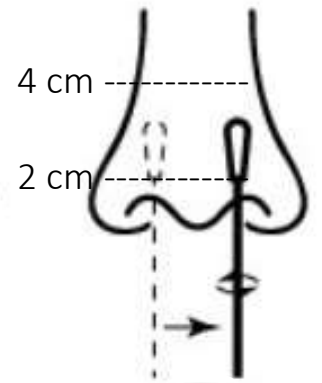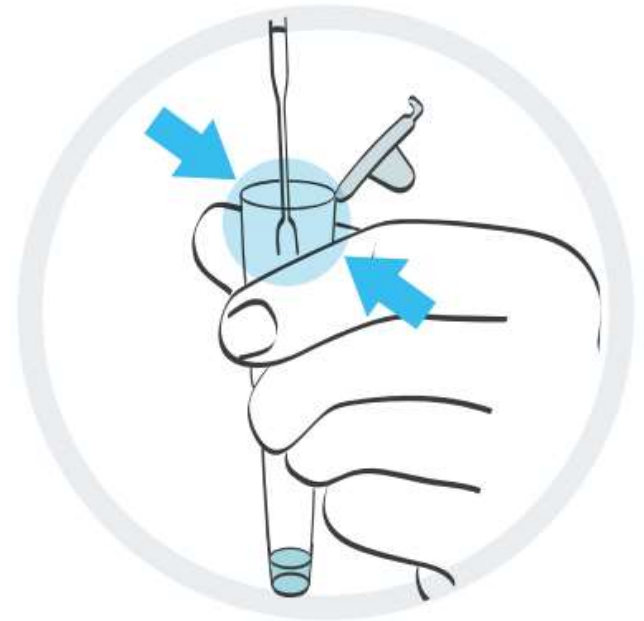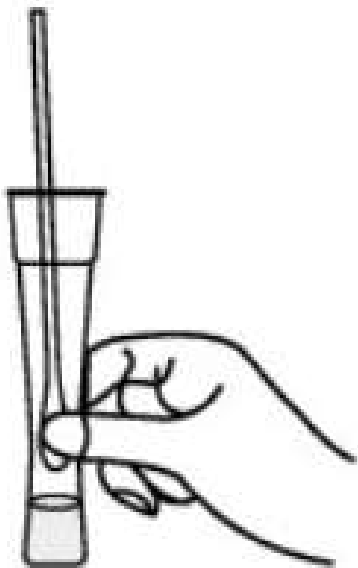
6. Remove the swab and put it into the tube, so it's in the liquid. Squeeze the tube from the outside 6 times or more.
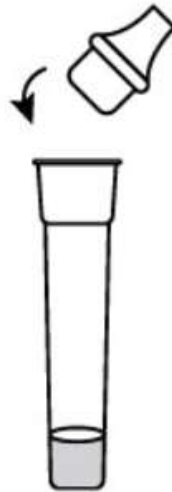
6
times
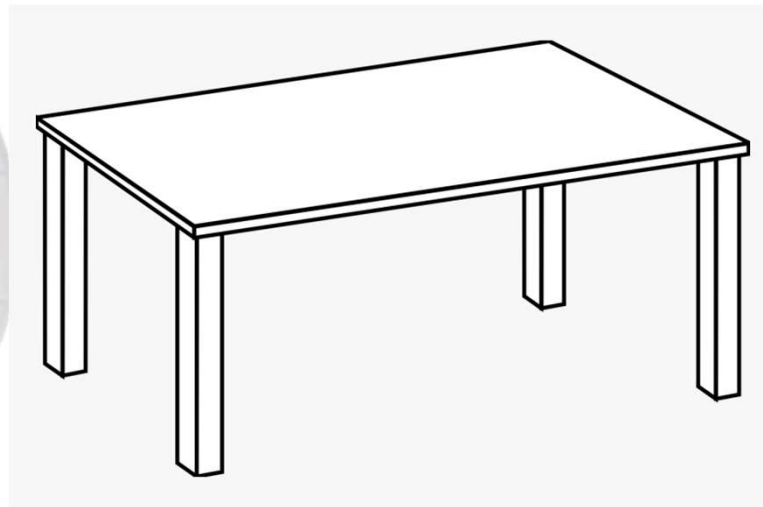
7. Leave the swab in the tube for 1 minute.

8. Squeeze the tube from the outside again. Press the tube when you remove the swab.
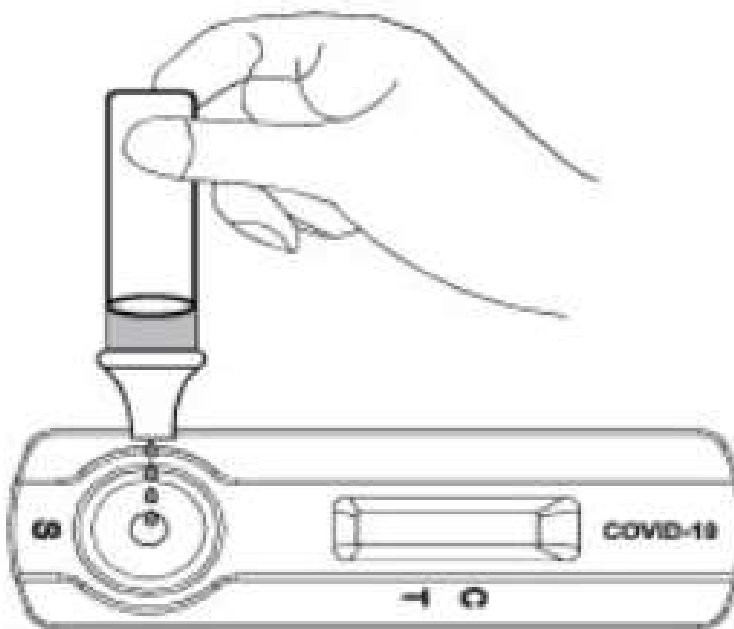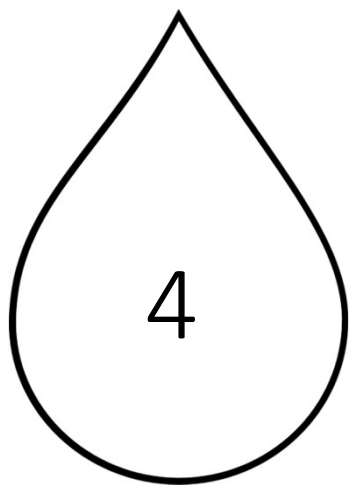
9. Push the tip into the tube until it is tight.

10. Remove the test device from the package and put it in a flat and clean place.

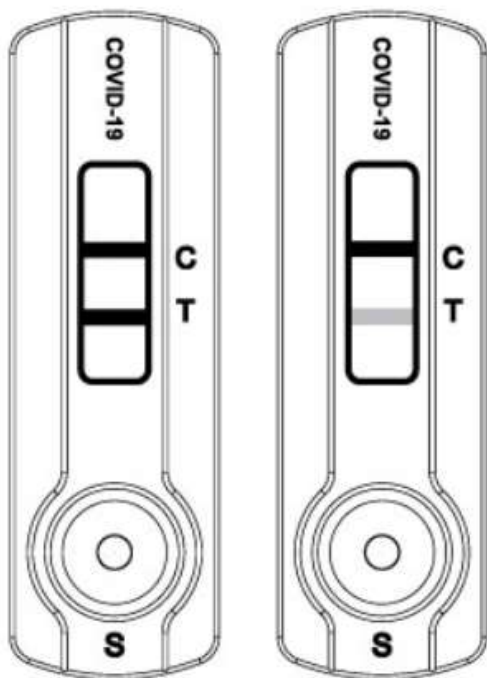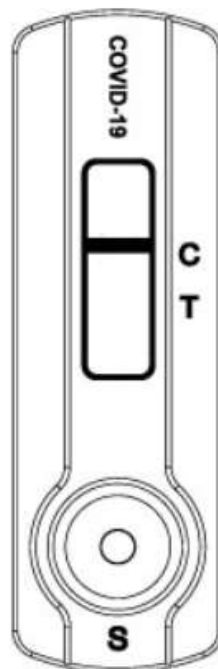# 11. Squeeze 4 drops of the liquid.

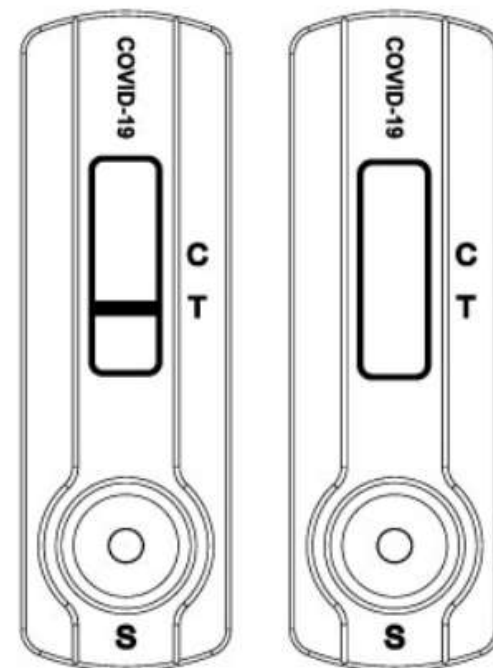# 12. Wait for 15 minutes.

15 Minutes
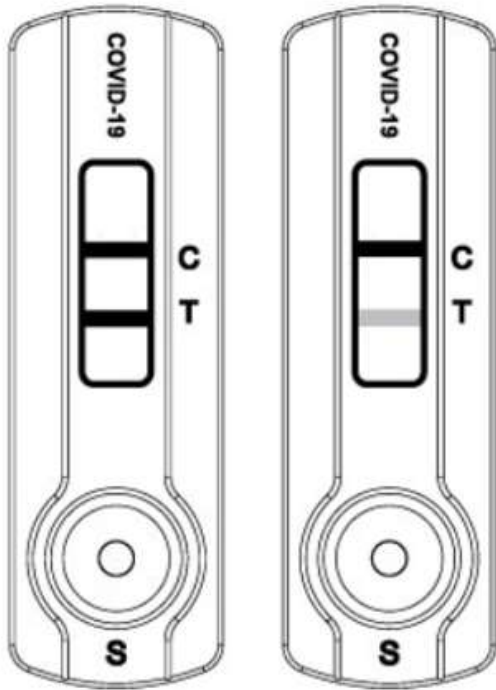
Positive test result

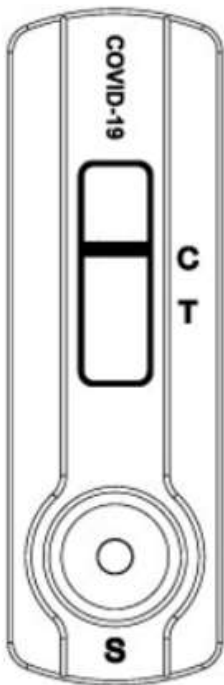Negative test result

Invalid test result

Positive test result

What to do:

- Self isolate for 10 days. Start on the day when you got the symptoms or tested positive.
- **Call:** 0800 222 478 and choose option 3
- Visit https://mycovidrecord.health.nz/
- The people who live in your house will also have to self isolate and get a test in 3 days.
- Tell people you have Covid 19.
- Pay attention to your symptoms. If you have severe chest pain or difficulty breathing call 0800 358 5453

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What to do:

Negative test result

If you think you have Covid, repeat the test after 1 or 2 days.

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Invalid test result

What to do:

Repeat the test. If the result is invalid again, please contact your doctor or a covid test centre.

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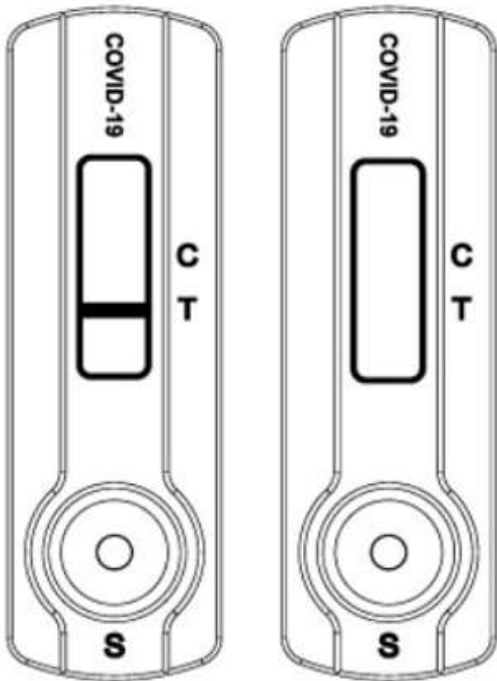
Videos

Covid-19: How to test yourself with a rapid antigen test | Stuff.co.nz

https://www.youtube.com/watch?v=G-BF0y7WNUk

Orient gene rapid antigen test kit how to video 1080p

https://youtu.be/k2LHfbTOs4g