



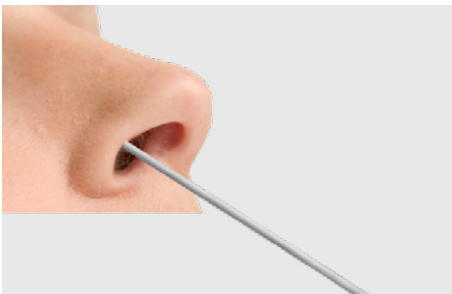
# How to do a rapid antigen test with your spit



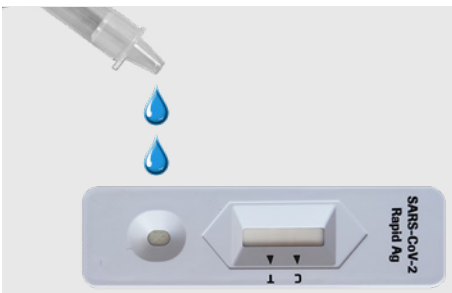
**RAT**

Rapid antigen tests are tests that tell you if you have COVID-19.

They are called **RAT** for short.



Many RATs are done from your nose.



Some RATs can be done with your spit instead.



This information is about how to do a RAT with your spit.

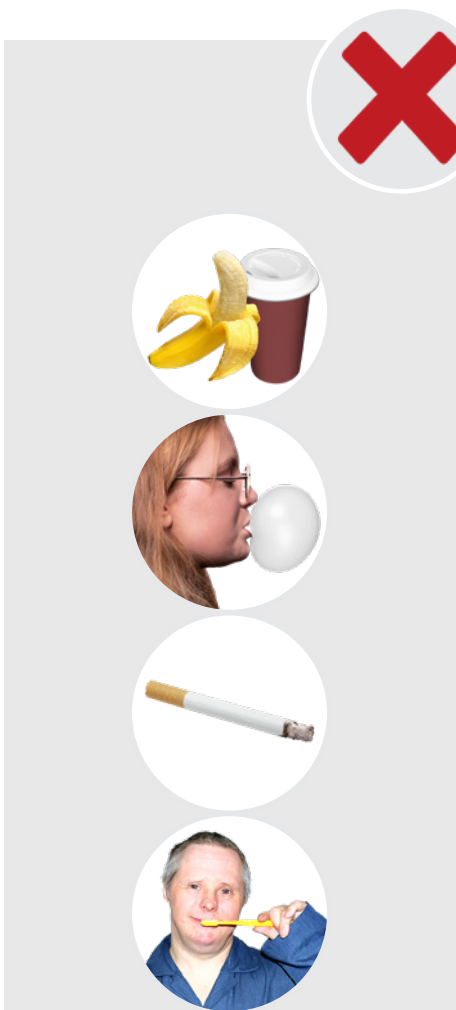
## Get ready to do the RAT



Have the test kit at room temperature for 30 minutes before you use it.



That means take it out of the fridge if that is where you keep it.



Do not put anything in your mouth for 10 minutes before you do the test.

This means

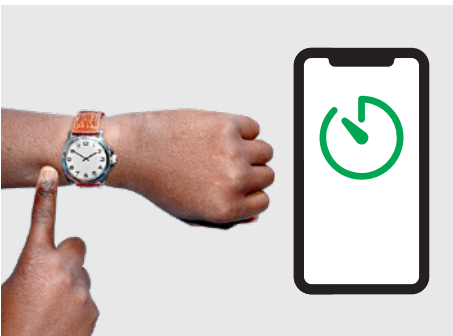
- No food or drink
- No gum
- No smoking cigarettes
- No brushing teeth



Wash your hands or use hand sanitizer.



Dry your hands well.



Get a watch or timer.



Check the date on the box.

Do not use the test if the expiry date is already over.



Open the test kit carefully.

You still need the box later.



In the box should be

- A strip that will show you if you have COVID-19 or not
- A tube
- A mouth piece to spit in
- A lid
- A small pack with a liquid called the buffer

## Doing the test



Cough deeply 3 to 5 times.



Wear a mask when you cough.

Or

Put a tissue in front of your mouth and nose.



Do not do this close to other people.



Put the mouth piece on top of the tube.



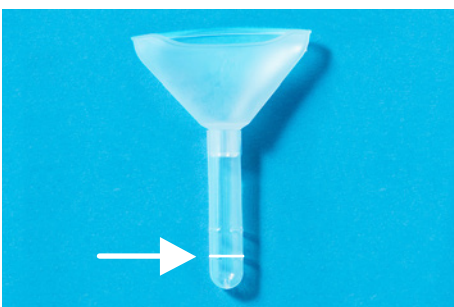
Squeeze the tube in the middle.



Spit into the mouth piece.



Stop squeezing the tube.



Do this until the spit gets to the first line at the bottom of the tube.



Take the mouth piece off the tube.

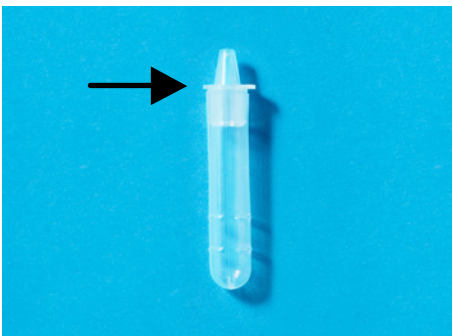


Open the pack with the buffer and pour it into the tube.



Be careful not to get any buffer liquid onto your skin or eyes.

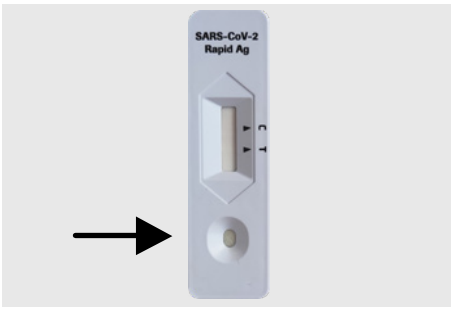
Rinse with lots of water if you do.



Put the lid on the tube.



Squeeze the bottom part of the tube 10 to 15 times.



Get the strip that will show you if you have COVID-19.

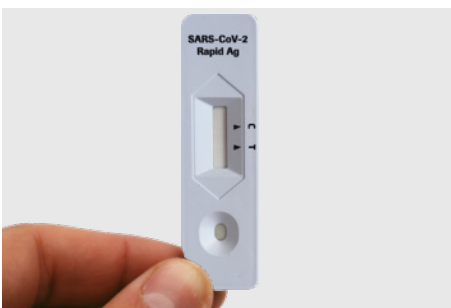
The strip has a small round circle at the bottom.



Squeeze 2 drops from the tube onto the circle.



Set your timer or watch for 15 minutes.



When the time is up check the strip to see what it says.



Only read the strip at that time and not later.

It might be wrong then.



## How to read the strip



Your test is negative if you

- Only see a line next to the letter C

**and**

- No line or colour next to the letter T



A **negative** test means you do not have COVID-19.

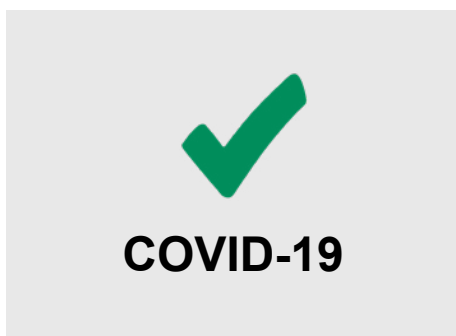


Your test is positive if you see

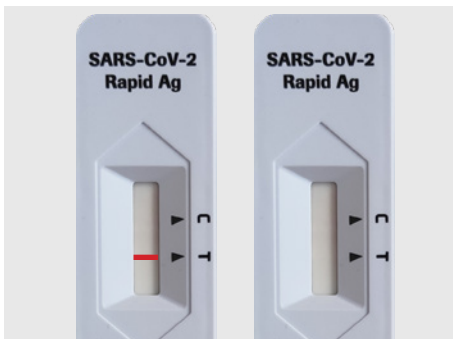
- A line next to the letter C

**and**

- A line or colour next to the letter T



A **positive** test means you have COVID-19.



The test did **not** work if you

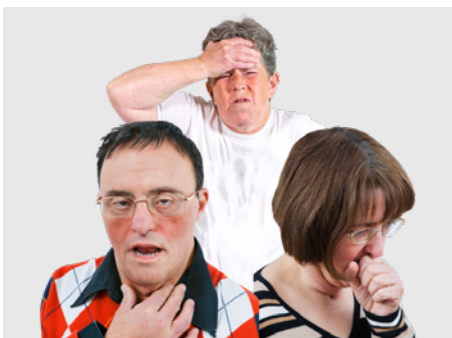
- Do not see a line next to the letter C
- See no line or colour at all

You need to do another test.



When you have finished

- Put everything in the bin
- Wash your hands
- Clean where you did the test



If your test was negative but you still think you might have COVID-19 do another test after 1 day.

Council for Intellectual Disability made this document Easy Read. CID for short.  
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You can contact CID at [business@cid.org.au](mailto:business@cid.org.au).