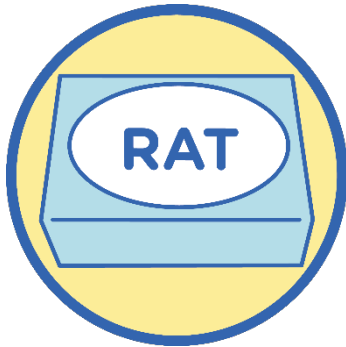




How to do a rapid antigen test from your nose

18 March 2022



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

They are called RAT for short.



This information is about how to use a RAT that goes up your nose.



A RAT can be used for everyone aged 2 years and older. An adult will need to help children to do their test.

Get ready to do the RAT



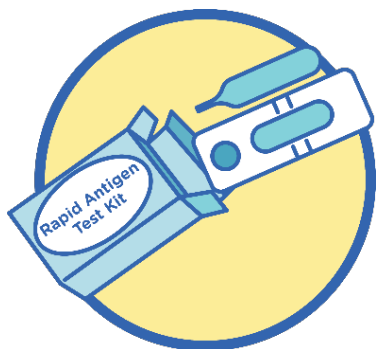
Wash your hands before you do the RAT.



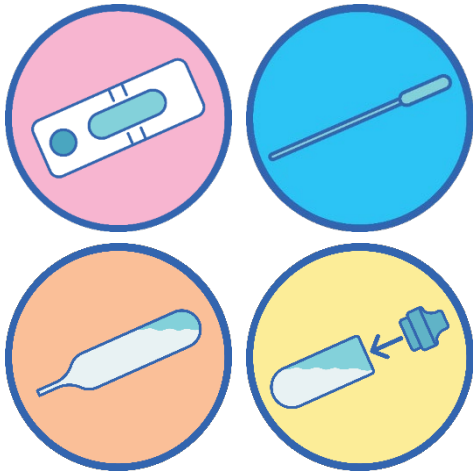
Get a watch or timer.



Check the date on the box. Do not use the test if the expiry date has passed.

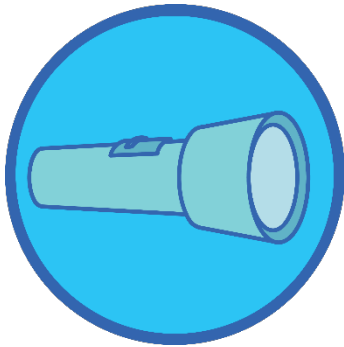


Open the RAT kit.

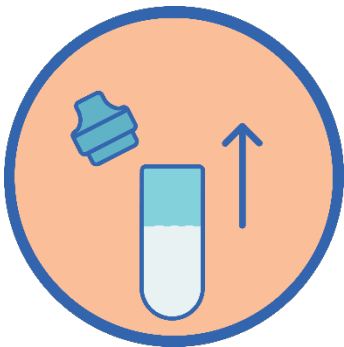


In the RAT kit, there should be:

- A strip that will show you if you have COVID-19 or not
- A long stick with one soft end
- A tube with liquid inside
- A lid for the tube



One kit comes with a torch to help you read what the strip says.

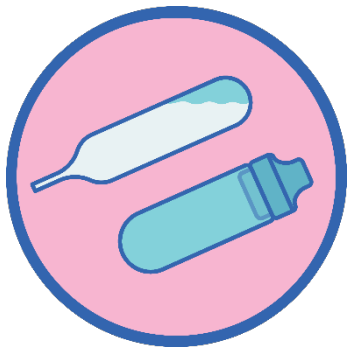


Make sure you have the tube the right way up.



Some test kits come with a stand to help you stand it up.

Be careful not to let the tube fall over.

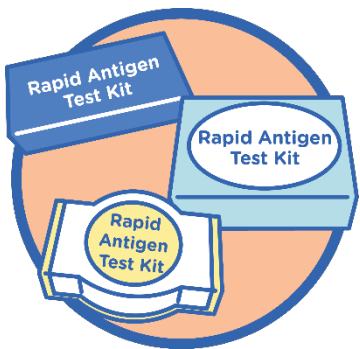


Some test kits come with the tube and liquid in different parts.



You must carefully put the liquid inside the tube.

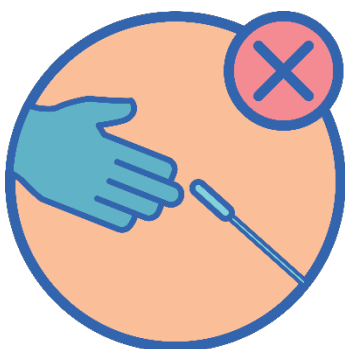
Doing the test



Most tests work the same way.



Read the instructions that come with the box carefully. Some are on the outside of the box, and some are on a piece of paper inside the box.



Take the stick out of the packet. Do not touch the soft part at the end of the stick.



Put the soft part of the stick up your nose. Slowly put it all the way up until it you feel it touch the back of your nose.



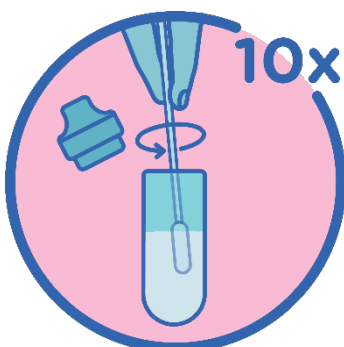
Keep moving the stick around in your nose.
Count to 15 slowly.



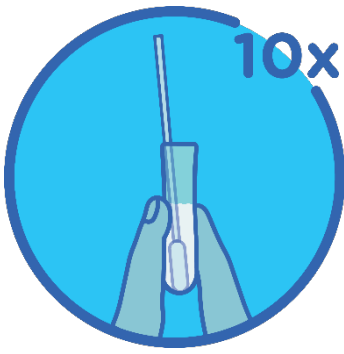
When the stick is in your nose you can press on the side of your nose.



Use the soft end of the same stick for the other side of your nose.



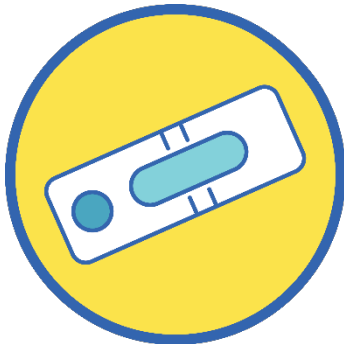
When you are done put the stick into the tube.
Stir the stick in the tube 10 times.



Then gently squeeze the sides of the tube together 10 times.



Take the stick out of the tube. Put the cap tightly on the tube.



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

The strip has a small round circle at the bottom.



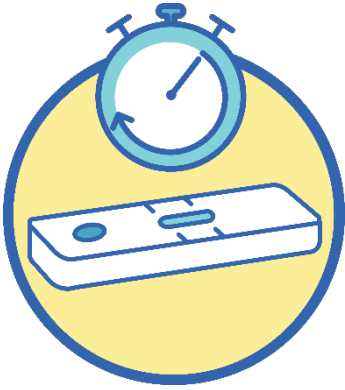
You will have to squeeze 3 or 4 drops of liquid onto the circle.

Check to see how many drops the instructions say.

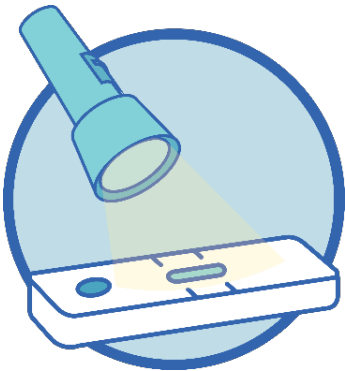


Set your timer or watch.

Check how long the instructions say to wait. This can be 10, 15 or 20 minutes.

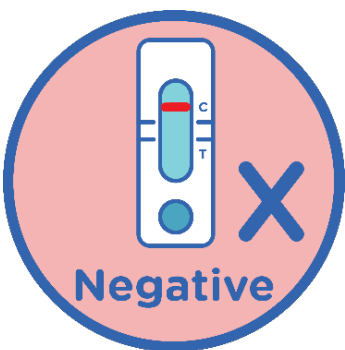


When the time is up, check the strip to see what it says. Read the strip as soon as the waiting time is over. If you wait too long, it may not work.



One RAT kit has a torch to help you read what the strip says.

How to read the strip



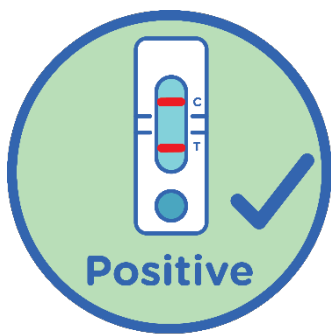
When you look at the strip, you might see one line next to the letter C. This means you are negative.

You do **not** have COVID-19.



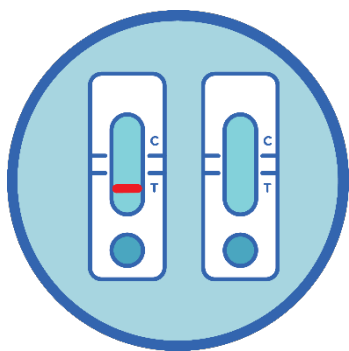
If you got a negative result but still have symptoms, you should do another test in 2 days.

If you can, you should stay at home until your symptoms go away.



You might see two lines next to the letter C **and** the letter T. The line might be very light. This means you are positive.

You **have** COVID-19.



Your test did not work if you see

- Only one line next to the letter T
- No lines at all

If your test didn't work, you will need to do another test.



When you have finished:

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

More information



You can visit the Department of Health website at www.health.gov.au/covid19-indigenous for more information about COVID-19.

You can call the National Coronavirus Helpline on **1800 020 080**.