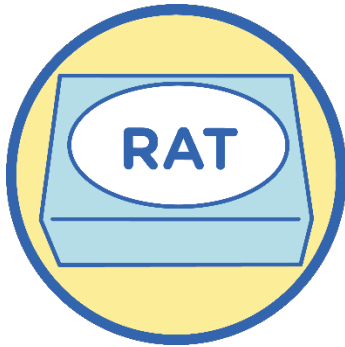




How to do a rapid antigen test with your saliva

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 do a RAT that asks you to spit your saliva into a tube.



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



Do not put anything in your mouth for **at least 10 minutes** before you do the test. If you put things in your mouth before your test, you might get the wrong test result.

This means:

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



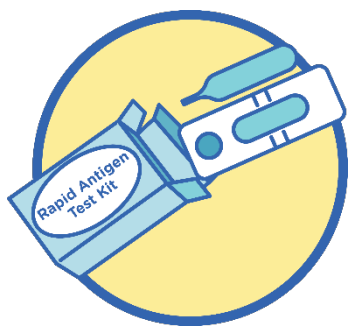
Wash your hands before you do the RAT.



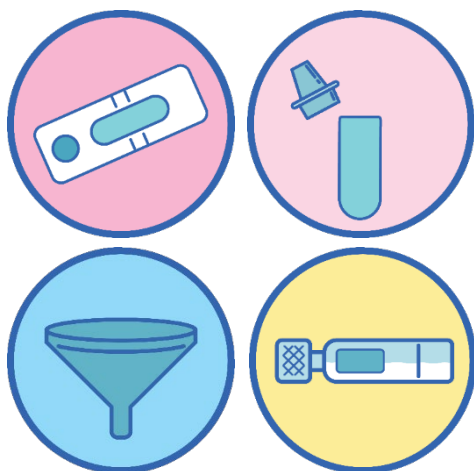
Get a watch or timer.



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 tube and a lid
- A mouthpiece to spit in
- A small pack with a liquid called the **buffer**.



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.

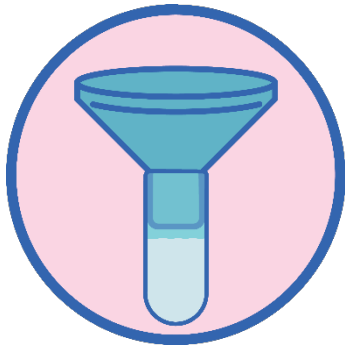
Doing the test



Do 3 to 5 big coughs. 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 mouthpiece on top of the tube.



Squeeze the tube in the middle.



Spit into the mouthpiece.



Stop squeezing the tube.



Look at the instructions to tell you how much spit you need. Keeping repeating this until the spit gets to the right amount.



Take the mouthpiece off the tube.

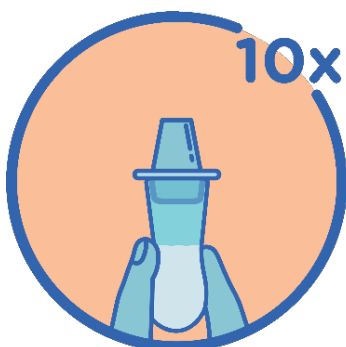


Open the pack with the buffer. The instructions that come with the box with will tell you how much to pour in the tube. Put the lid on the tube.

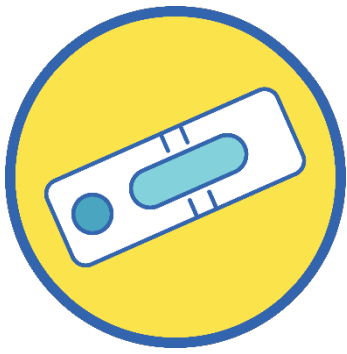


Be careful not to get any buffer liquid onto your skin or eyes.

Rinse with lots of water if you do.



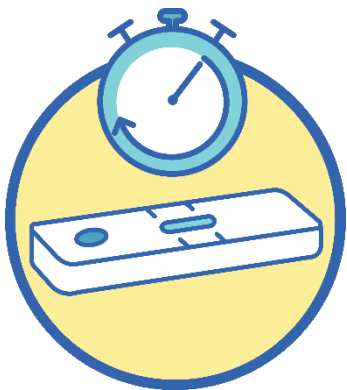
Squeeze the bottom part of the tube 10 times.



Get the strip that will show if you have COVID-19. The strip has a small round circle at the bottom.



Squeeze 2 or 3 drops from the tube onto the circle. Check to see how many drops the instructions say.

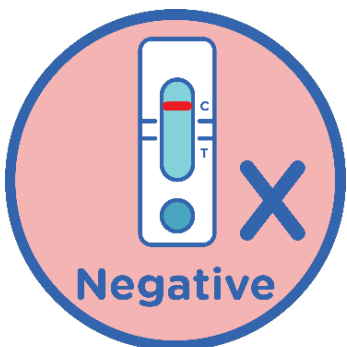


Set your timer or watch for 10 or 15 minutes. Check how long the paper in the box says to wait.

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.

How to read the strip



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

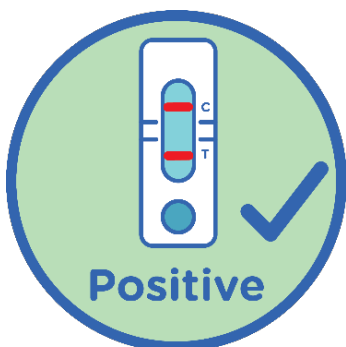
This means you are negative.

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.

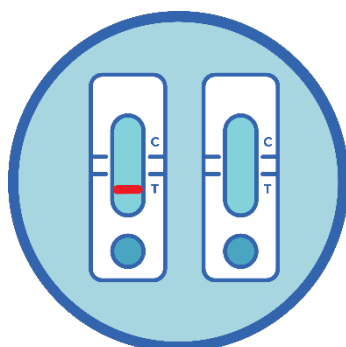


You might see 2 lines next to the letter C **and** the letter T.

The line might be very light.

This means you are positive.

You **do** 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**.