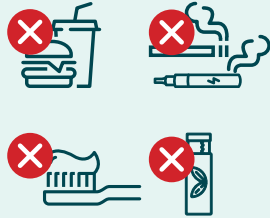


How to do a saliva rapid antigen test (RAT)

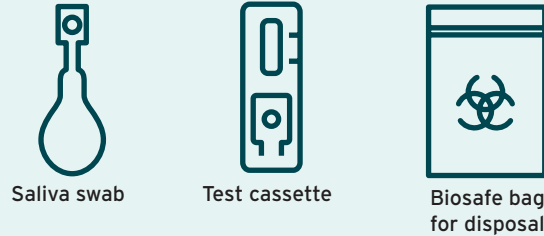
Version 1.2 | 14 October 2022

1 IMPORTANT – before you start

- DO NOT eat, drink, smoke, vape, brush your teeth, or chew gum for at least 30 minutes before taking your test.
- Prepare a clean, flat surface.
- Make sure you have a timer ready to use.
- This test is for people aged 2 years and over, and should be completed by an adult or under adult supervision.
- Only use the test ONE time. Do not re-use tests.



What's included in your test kit:



You can watch V-CHEK's video demonstration here: www.v-chek.net.au

2



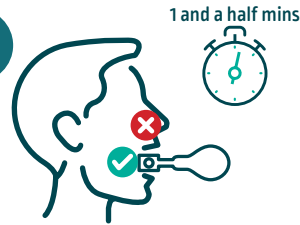
Wash hands thoroughly with soap and water.

3



Open the packaging and lay out test contents on a clean, flat surface. Peel open test packaging.

4



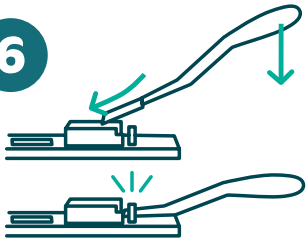
Place the sponge end of the test in your mouth and wipe the sponge on your tongue and the insides of your cheeks for 1 and a half minutes. Do not bite the sponge.

5



Remove the swab from your mouth. The indicator will be blue, and the sponge will be soft. Make sure the sponge is not bloodied or overly soggy.

6



Click the saliva swab into the test cassette. Press the swab into the holder on the cassette, then hold as you press the stick down until it clicks.

7



Start a timer for 10 minutes. Do not move or lift the test cassette while you wait.

8



After 10 minutes read your result. Do not leave the test longer than 15 minutes before checking results.

9



Put the swab and test cassette into the biosafe bag provided and dispose. Wash your hands thoroughly.

Reading your result

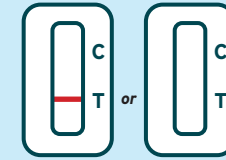


'C' Control (a line here shows that the test works)
'T' Test (no line here = negative, a line here = positive)



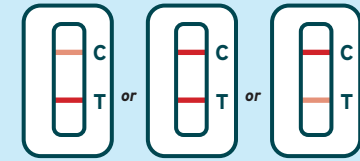
NEGATIVE

It is unlikely you have COVID. If you have symptoms, repeat a RAT or get a PCR test the next day.



INVALID

Take another test (and repeat steps 2-9). Having difficulty? Get a PCR test.



POSITIVE

You have COVID. If the test result line at 'T' shows a line, even faint, this is a positive result.

IF YOU TEST POSITIVE

If you test positive on a saliva RAT you are a positive COVID-19 case. You DO NOT need to get a PCR test to confirm.



For more information: call 1800 671 738 or visit coronavirus.tas.gov.au/testing

To notify Public Health of a positive result:

Call 1800 671 738 or visit coronavirus.tas.gov.au/positive-result



To notify Public Health of your positive RAT result visit coronavirus.tas.gov.au/positive-result, scan this code or call the Public Health Hotline on 1800 761 738.