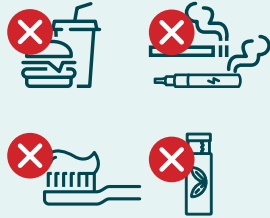


# How to do a saliva rapid antigen test (RAT)

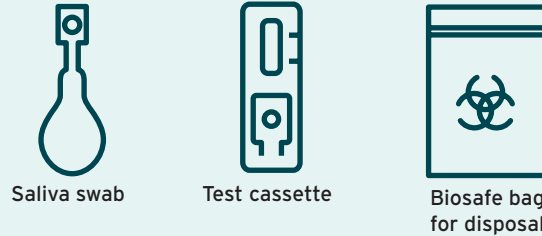
Version 1.1 | 25 March 2022

## 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:



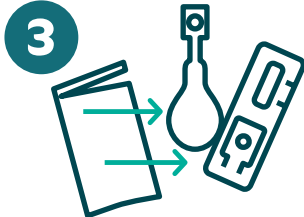
You can watch V-CHEK's **video demonstration** here: [www.v-chek.net.au](http://www.v-chek.net.au)

2



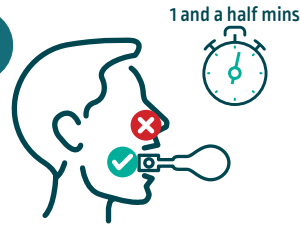
Wash hands thoroughly with soap and water.

3



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

4



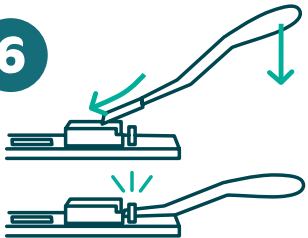
Place the sponge end of the test in your mouth and wipe the sponge on your tongue and the insides of your cheeks for 1 and a half minutes. Do not bite the sponge.

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

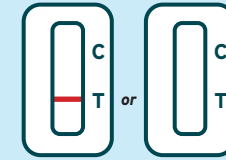


'C' Control (a line here shows that the test works)  
'T' Test (no line here = negative, a line here = positive)



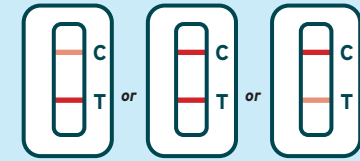
### NEGATIVE

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.**

**Isolate immediately and notify Public Health.**

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



For more information: call 1800 671 738 or visit [coronavirus.tas.gov.au/testing](http://coronavirus.tas.gov.au/testing)

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