

RAPID ANTIGEN TEST (RAT)

How to use a rapid antigen test correctly

FOR ALL RAPID ANTIGEN TESTS, YOU SHOULD ALWAYS:

- Check the test has not expired
- Wash or sanitise your hands before and after taking the test
- Carefully follow the test instructions provided in the packaging



WHAT YOU SHOULD AND SHOULDN'T DO



Tests that use spit or saliva

30 minutes before you take the test, do not:



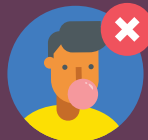
Eat



Smoke



Brush your teeth



Chew gum



Just before you take the test, do 3 to 5 big coughs into a face mask or tissue and away from other people.



Tests that use a sample from your nose



Blow your nose before you take the test.



Do not touch the soft end of the small stick, known as the swab.

Remember, each test can only be used once.



For more information about rapid antigen testing, call the **National Coronavirus Helpline: 1800 020 080**

Select option 8 for free interpreting assistance.

You can also visit [health.gov.au](https://www.health.gov.au).



Australian Government