

What you need to do under COVID-19



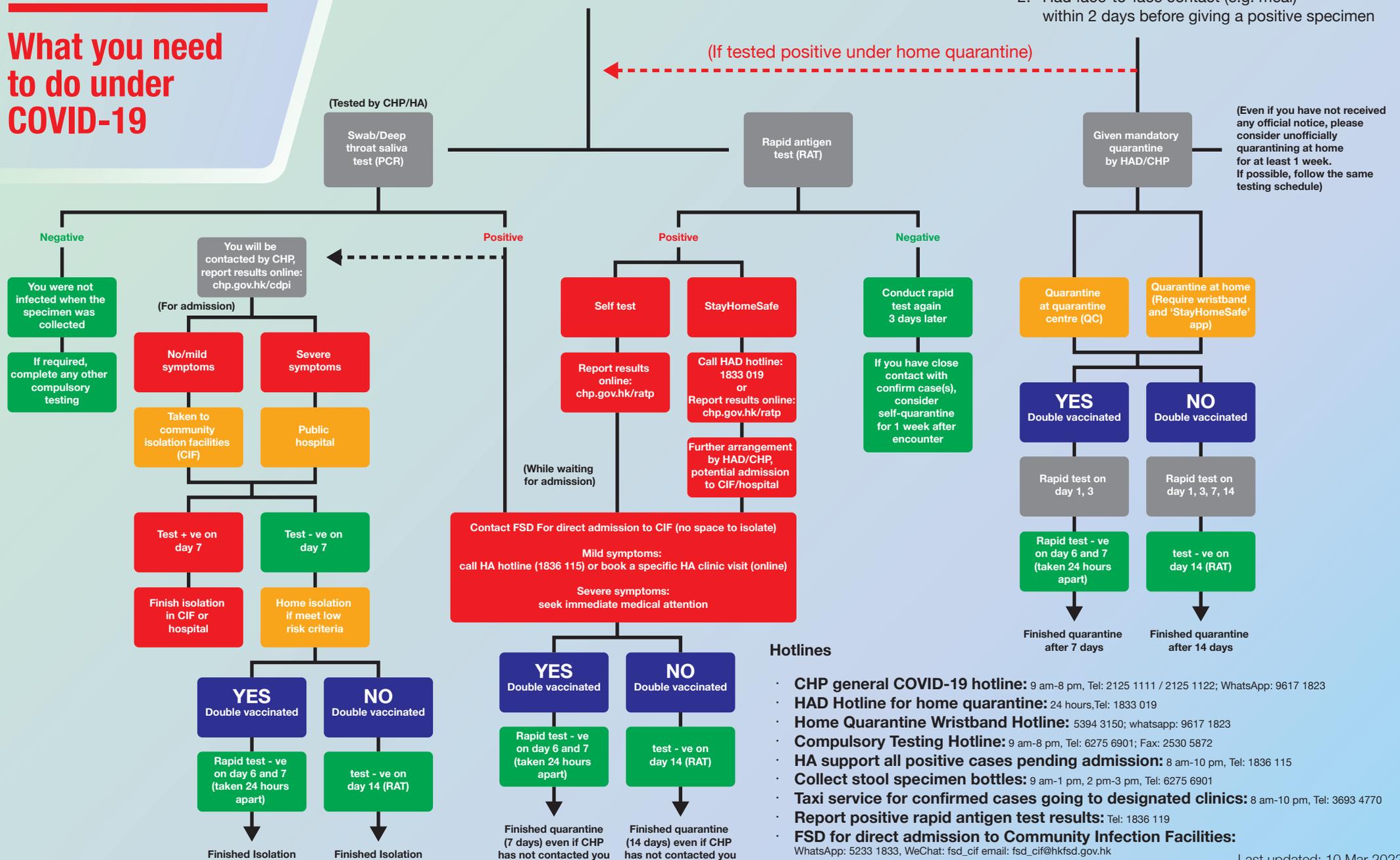
A Person

Who undergoes testing



A Close Contact

1. Staying in the same household
2. Had face-to-face contact (e.g. meal) within 2 days before giving a positive specimen



Rapid Antigen Test

Please store the test between 2-30°C
Do **NOT** store directly under the sun and do **NOT** freeze.

Further, do **NOT** use if the package received has:

- Broken seal
- Past expired date
- Any items that were used before (all single-used items)

After conducting the test, please put all test equipment in a sealed bag for disposal.

How to use Rapid Antigen Test Kit

This is a general guide, please follow the instructions in your kit for the most effective use

- Inside the kit:**
 - A Test Device
 - Buffer Solution
 - Sterile Swab
- Swab both nostrils 5 times in a circular motion
- The small bottle contains the buffer solution (to maintain pH). Combine the swab and buffer as instructed by your kit
- Apply the drops in the test device well (s).
Make sure the test device is lying horizontal on a flat surface e.g. table
- Wait for the required time (15-30 mins depending on your test kit)
A control line (C) must appear to prove the kit is in good condition
- Take a photo of the result
 - Positive = A control (C) AND test line (T) is seen (red colour)
 - Negative = Only a control (C) line is present
 - Both faint and deep coloured lines are valid

When to take a rapid test?

- If you have COVID-19 symptoms
- If you were exposed to someone with COVID-19
- If you went to any high risk places
- If you previously tested positive, test 5-7 days later to check if you are still infectious

Listed Rapid Antigen Tests for COVID-19 approved by Department of Health



Common Symptoms

Mild

- Chills or dizziness
- Dry cough
- Fatigue
- Fever
- Headache
- Muscle or joint pain
- Nausea or vomiting
- (New) loss of taste or smell
- Sore throat

Severe

- Chest pains
- Confusion
- Inability to wake or stay awake
- Loss of speech or mobility
- Pale grey or blue-coloured skin/lips or nail beds
- Shortness of breath

Adults

- Chills and rigor
- Cough
- Diarrhoea
- Fever
- Headache
- Runny nose
- Sore throat

Children

Alert

- Symptoms vary from people to people
- People with **higher risk or existing illnesses** should pay closer attention to their specific health needs such as cancer, chronic kidney/liver/lung disease, diabetes, heart condition, low immune system etc.
- Having them does not mean you must be infected. **Testing is the only way to know if you have COVID-19**

What to do when tested positive?

1. keep track of your symptoms and tell any close contacts. Date of specimen collection counts as day 0
2. If needed, check your COVID-19 PCR test results online
3. Prepare for admission to isolation facilities e.g. ID/passport, suitable clothing, prescription medications, toiletries, comfort food, recreational items
4. Seek medical help if needed:
 - All Severe cases: seek immediate medical attention
 - Confirmed mild cases: specified HA clinics



Check your COVID-19 PCR test result



List of specific HA clinics