

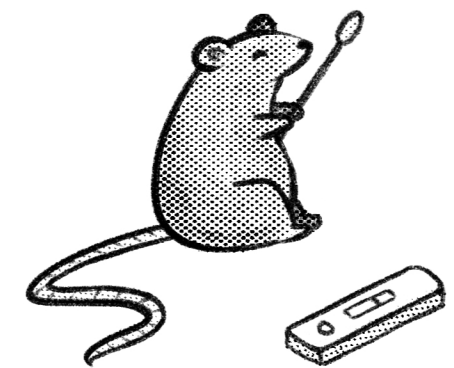
For this reason, the FDA recommends taking **3 tests**, for the most accurate results.

RATs are notorious for **false negatives**, especially for **pre- or asymptomatic** people.

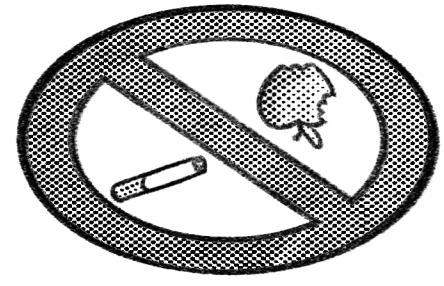
WHEN TO TEST

HOW TO TAKE A RAT

(Rapid Antigen Test)



Blow your nose and wash your hands before collecting the sample.



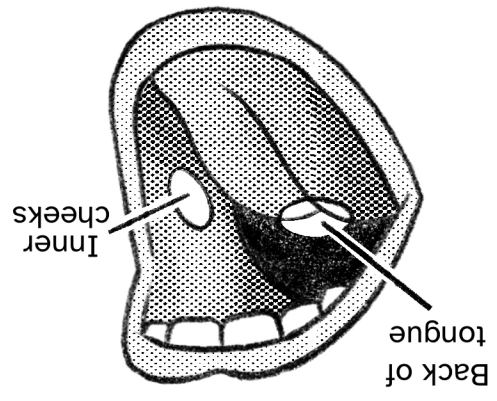
Do not eat, drink, chew gum, smoke, or vape for at least **30 minutes** before collecting the sample, as this could lead to inaccurate results.

The content in this zine is for **informational purposes** only and should not be considered medical advice.

Information sourced from:
 FDA
 People's CDC
 Ontario Health



Created by the COVID Conscious Bloc of San Antonio



Swab both **inner cheeks** and **lower gums**, then swab your **tongue** as far back as is comfortable.

HOW TO TEST

(combined oral & nasal method)

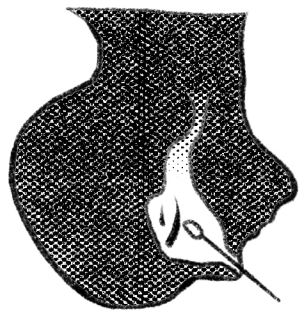
If you are positive, **isolate** for at least 10 days, and wear a **KN95 respirator** or better if you must be around others.

Talk to your primary care doctor or urgent care center ASAP to see if **Paxlovid** is right for you. Other potentially useful medications are OTC pain relievers, fever reducers, cough suppressants, and nausea relievers.

Rest as much as possible; limiting physical and mental exertion may aid recovery and **lessen the effects of Long COVID.**

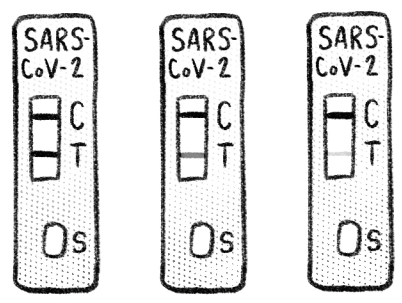
Report your positive result at: learn.makemytestcount.org

Place the swab in the **test tube** and follow the rest of the kit instructions.



Tilt your head back and insert the swab **straight back** until you feel resistance. Rotate it a few times then repeat for the other nostril.

WHAT TO DO FOR A POSITIVE TEST



All **positive** tests

Even the **faintest line** indicates a positive result. Taking a flash picture and converting the image to **black and white** can make positive results more apparent.