



MINISTRY OF HEALTH
SINGAPORE

YOUR SIMPLE GUIDE TO ANTIGEN RAPID TEST (ART) SELF-TEST KITS



The **A B C D s** of ART self-test kits

Antigen Rapid Test (ART) self-test kits are made available to be purchased over the counter for individuals who are worried that they may have COVID-19 and want to put their mind at ease.

ART screens for SARS-CoV-2, a virus that causes COVID-19. It is a quick screening tool to pick up any possible infection early. The test is easy to do and safe, taking only less than 20 minutes.

Here's a simple way to remember the ABCDs of ART self-test kits:

Act

Act if you are worried that you may have COVID-19. Get at least two ART self-test kits to stock up at home just in case you need it.



If you are invited to go for any COVID-19 tests by MOH, please follow MOH's instructions on the testing requirements.



If you have any acute respiratory infection (ARI) symptoms such as fever, cough, flu, or runny nose, please visit a Swab And Send Home (SASH) clinic listed on phpc.gov.sg to seek medical attention immediately and do not perform any ART self-testing.



Please do not perform the ART self-testing at home if you have had any of the following:

- **Nosebleed in the past 24 hours; or**
- **Nasal surgery in the last 4 weeks or facial surgery in the last 8 weeks.**

Instead, please visit a licensed ART provider[^] to have your test performed by a professional. Please call ahead to make sure the ART provider is able to provide a private-paid ART for you.

[^] The list of swab providers can be found at go.gov.sg/swabproviders

BE INFORMED

Be Informed and read through clearly how to use the ART self-test kits correctly, according to manufacturers' instructions. Instructions and requirements will vary with the brand of test kits used.

Before you perform the test, please ensure the following:



You are in a well-ventilated room, away from others.



Find a flat surface to place your cartridge, you may need a mirror and a timer to guide you.



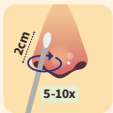
The surfaces used can be easily cleaned and wiped down e.g. your bathroom may be a good place to conduct the test.

CHECK

Check yourself!

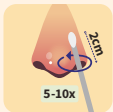


Clean your hands.



Swab both your nostrils:

1. Insert swab about 2cm into one nostril.
2. Rotate swab 5 to 10 times against the inside wall of the nostril.



3. Using the same swab, repeat for the other nostril.
4. To proceed with the test, refer to manufacturer's instructions.



Read and check your own ART results according to the manufacturers' instructions in your specific test kit. **If your result is positive or invalid, please ensure that you have taken a photo of your result with your identification document (NRIC/passport) next to it before disposing your ART test kit.**

DISPOSE

Dispose the used test kit as instructed.



After reading the results, bag all the used items in the test kit into one plastic bag or sealable bag and seal it. Place the sealed bag into another plastic bag.



Tie the second plastic bag with a rubber band or cable tie. Please ensure that the bags are tightly tied to protect your community.



Throw it into the rubbish chute or a pedal bin immediately.

STAY SAFE



Stay safe! Call a SASH clinic immediately if you have a positive test or two invalid tests. Stay vigilant, continue to observe safe management measures, and monitor your own health if your result is negative.

You may be infected with SARS-CoV-2 virus.

Take a photo of your ART test result(s) with your identification document (NRIC/passport) in the same photo immediately.



Visit a Swab And Send Home (SASH) clinic

- Please visit a SASH clinic for a confirmatory Polymerase Chain Reaction (PCR) test.
- The list of SASH clinics may be found at phpc.gov.sg.
- Call the SASH clinic in advance to make an appointment for a swab.
- Bring (1) the photo containing your identification document and result together, and (2) your physical identification document (NRIC/Passport) to the SASH clinic.



Travelling to the clinic

- Travel to the clinic via private transport (car or taxi*). Sit alone in the back seat and on the opposite side of the driver. Wind down the windows (switch off air-conditioning) and wear a surgical mask throughout the ride. If you ride a motorcycle, please ensure that you do not have a pillion rider.



Travel home and self-isolate

- After the confirmatory PCR test, please go home immediately via private transport (same arrangement above), and self-isolate at home until you receive your negative PCR test results.
- If you are unable to self-isolate at home, do inform your doctor so that alternative arrangements may be made.
- Your doctor will generally inform you of your results within 24-48 hours. Alternatively, you may check your results via HealthHub.



If your PCR test is positive

- Please continue to self-isolate and await a phone call from MOH, which will provide instructions on the follow-up actions required.

Stay safe!



If your test result is negative

- Even if you test negative, please stay vigilant! You should continue to observe safe management measures, practise good personal hygiene such as regular handwashing and wearing a mask when leaving your home.
- Please continue to closely monitor your health and if you develop acute respiratory infection symptoms (e.g. fever, cough, flu, or runny nose), please visit a SASH clinic to seek medical attention immediately.

An invalid test may mean that the test was not performed correctly.



If your test result is invalid

- You must perform a second ART test immediately.
- If your second ART test is still invalid, please follow the instructions for POSITIVE results and seek a confirmatory PCR test at any SASH clinic.

*If you require a taxi, please **do not** take a street-hire taxi. Instead book a taxi through:

The taxi hotlines: Inform the operator that you are going for a PCR test at a SASH clinic.

Mobile application of transport companies: Input “SHN” in the comment box or check the “SHN” checkbox (if available).

Invalid

Negative

**Scan to
find out
more**



**You can also call the
ART Hotline at 6876 5830**
(Monday – Friday: 8am – 5pm,
closed on Saturdays, Sundays and Public Holidays)
or visit go.gov.sg/selftestart