

# CENTENNIAL PARK SCHOOL

“Live Truly”



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## Rapid Antigen Testing – Do I need to test or not?

Kia ora e te whānau,

*‘Do I need to test or not’ for cold and flu related symptoms?*

There is still some reluctance to having tests taken because in the past, it has taken so long to get results. This affects us all with staffing at our jobs and the hassles or inconveniences in our daily livelihoods. There is now a quicker solution.

The answer to the ‘wait’ is the use of the Rapid Antigen Tests (RATs) and these are now available in Te Kuiti just down the road from the kura.

We can confirm after discussions with the testing team at the Centennial Park Grandstand yesterday that they are doing all their testing using the Rapid Antigen Tests (RATs) method. This will reassure you our whānau of a quick instant result. It will give you your answers in approx. 15 minutes.

Attached to this paanui is a copy of 2 x flow charts that will help you our whānau to decide if you need to test or not. Please follow these flow chart guidelines to help support our community in the fight against the spread of Covid 19 / Omicron. There will also be a guideline that shows you how the testing works and how to read the results.

We have been advised today by a local School of a small number of positive cases and as we have mentioned before, we maybe faced with a similar situation over the next little while. As a kura we have managed so far alongside our whānau in a very realistic and practical way. Our Kaiako and kamahi have prepared learning pack materials which will last for a few days of home learning (distance learning) if, and when required.

Devices for tamariki will be available on a case by case or needs based situation depending on time away from kura or how the learning could be continued as effectively as possible. We will continue to work closely with our whānau and under Phase 3 of the Red Traffic light system. We are hopeful of less disruptions than in the past as times for self-isolating is reduced once again.

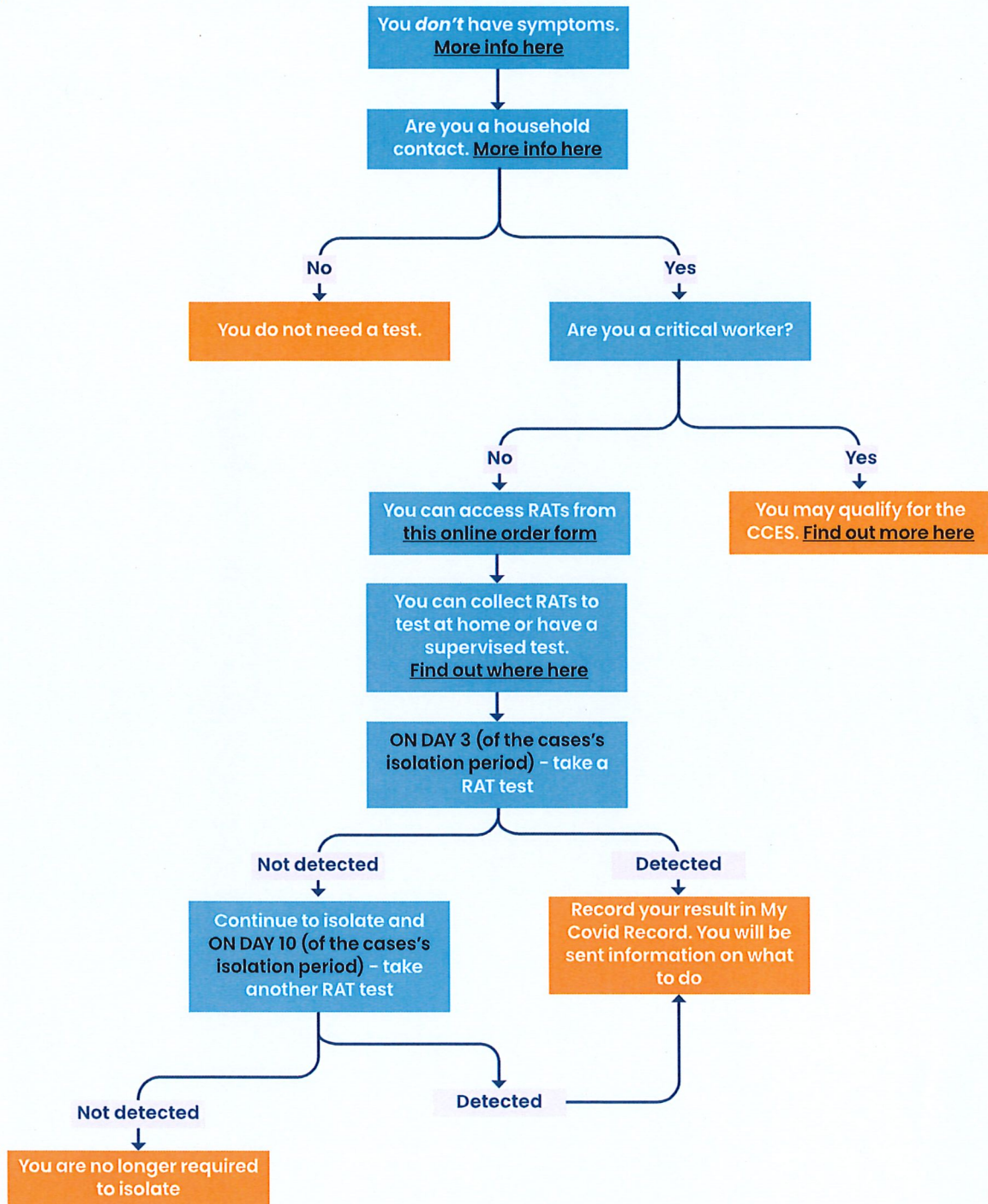
Ngaa Manaakitanga

Kevin Ikin  
Tumuaki  
Te Kura Rautau – Centennial Park School

# COVID-19 - Testing guidance



I don't have any symptoms, should I test?



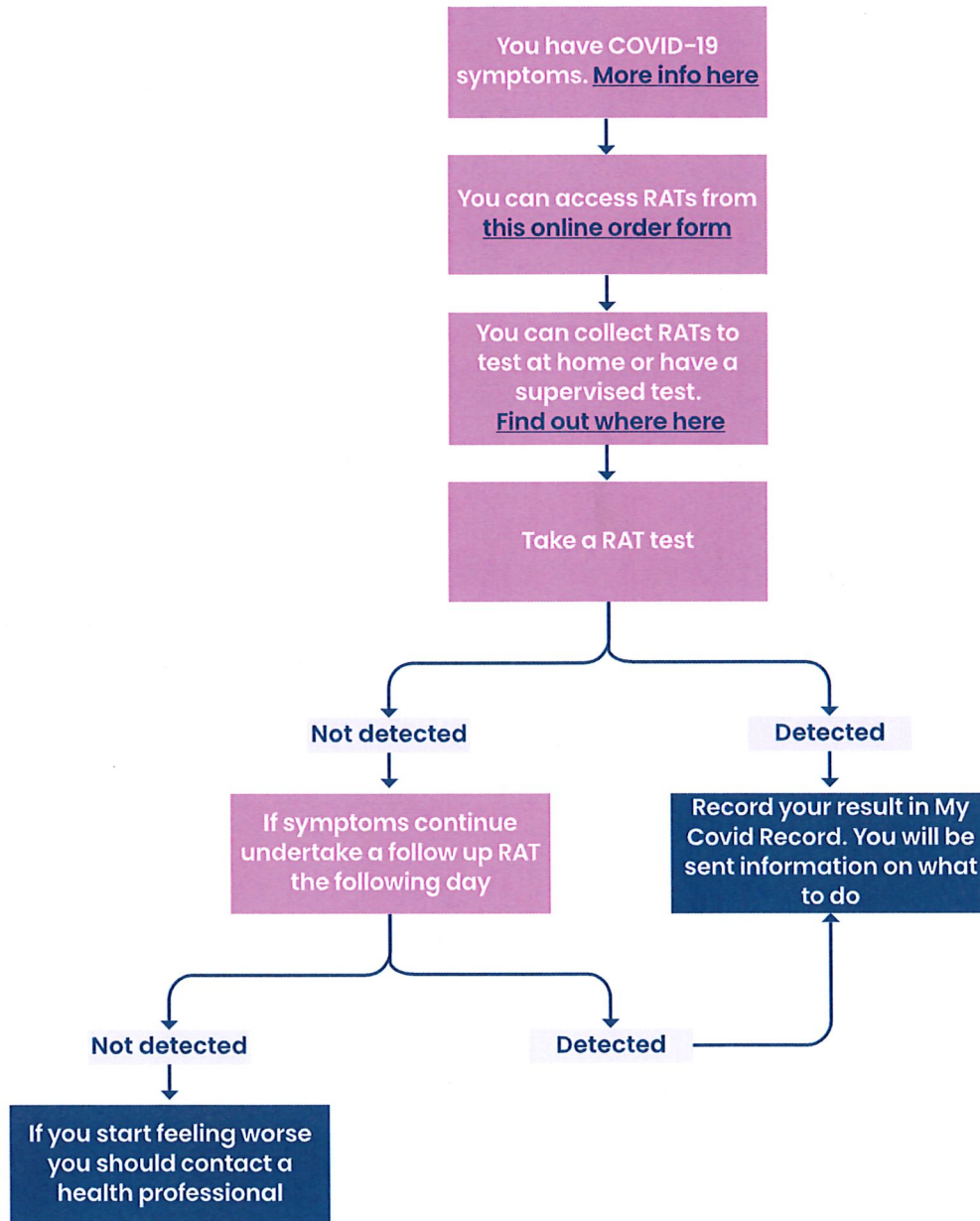
## Key messages

- Even if other members of your household test positive, if you remain asymptomatic and have a negative day 10 RAT test (day 10 of first household case) then you can leave isolation.
- If you live with someone who has COVID-19, you need to self-isolate. [Isolation rules are here.](#)
- You should only wait until day 10 for your follow up test, if you don't get symptoms.
- If you are unwell or need advice you should contact a health professional.

# COVID-19 - Testing guidance



I have some symptoms, do I need to test?



## Key messages

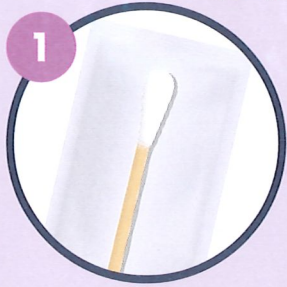
- If you become a case, you will likely be notified by text. Some may be called.
- You should tell your household, workplace and any other places which may have been exposed (e.g. schools).
- You will need to self-isolate at home for 10 days from when you got tested, or when your symptoms started.

# COVID-19

## Rapid Antigen Testing Guide

Most rapid antigen testing kits follow these principles, but may differ slightly so please be sure to follow the instructions provided by kit provider.

### Collecting your sample



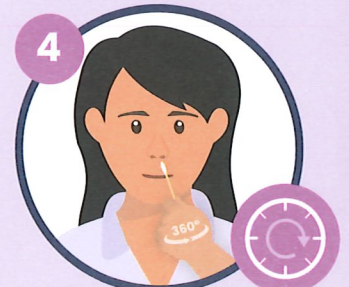
1 Remove a nasal swab from the pouch.



2 Insert the swab into one of your nostrils up to 2-3cm from the edge of the nostril.



3 Slowly roll the swab 5 times over the surface of the nostril. Using the same swab, repeat this collection process in the other nostril.



4 Check the kit box instructions to confirm the correct time frame to read your result. This may vary depending on the kit.

### Testing your sample



5 Peel off aluminium foil seal from the top of the extraction vial which contains the extraction buffer.



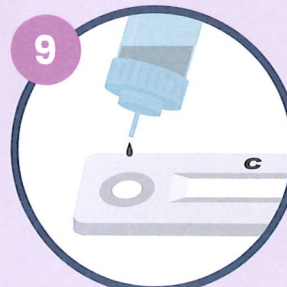
6 Place the swab into the extraction vial. Rotate the swab vigorously at least 5 times.



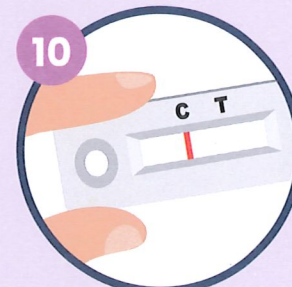
7 Remove the swab by rotating the swab against the vial, while squeezing the sides to release the liquid from the swab.



8 Close the vial with the provided cap and push firmly onto the vial. Mix thoroughly by flicking the bottom of the tube.



9 Turn vial upside down and hold sample over sample well. Squeeze vial gently. Allow the required drops according to the kit instructions, to fall into the sample well.



10 Please check on the kit instructions and follow the confirmed time to check for your test result. This varies depending on the kit.



11 You need to report your result. This can be done on My Covid Record. Log into [mycovidrecord.health.nz](https://mycovidrecord.health.nz) or call 0800 222 478 and press option 3. If you are in the Close Contact Exemption Scheme, you should advise your employer of your result.

### READ YOUR RESULT

#### Not detected

One line next to the **C** indicates the virus is not detected.



#### Detected

Two lines, one next to **C** and one next to **T**, even faint lines indicate the virus is detected.



#### Failed/Invalid Result

No line next to **C** indicates the test is invalid.



For the most up-to-date isolation requirements, please go to the [Contact Tracing page](#) on the Ministry of Health website.

Version two

20 Feb 2022