

How to access and use Rapid Antigen Tests (RAT) to enable return to LMC midwifery work as an asymptomatic close contact in Omicron Phase 3

In **PHASE 3** if midwife becomes a:

- [Close contact](#) (requires 7 days isolation. PCR only required if symptomatic*)
- [Household contact](#) (requires 10 days isolation + day 3 & 7 PCR test*)

Follow your local DHB process to RATs from the DHB

Register with MBIE as a critical worker [here](#) (Requires a RealMe login). You will receive an email to confirm registration as a critical worker

Order RATs by completing the [online order form](#).

When picking up RATs take:

- RATs order number
- ID (eg. drivers licence)

You **may** be asked for the following:

- Critical worker registration email as evidence of being an authorised critical worker (instead of an employer letter)
- Evidence of close contact: text/tracer app alert; or self-identified via this [form](#).

During your close contact isolation period, [self-test with a RAT](#) before leaving home for work each work day.

- **Negative RAT result:** proceed with midwifery work only (isolate at home when not at work).
- **Positive RAT result:** **do not go to work.** Get a PCR test the same day. Isolate at home while awaiting PCR result.
- **Failed result:** repeat RAT. If second fail, get a PCR test and isolate.
- If **symptoms** develop at any time: **do not go to work.** Get a PCR test the same day. Isolate at home while awaiting result

Record each of your daily RAT results on [My Covid Record](#)

**Regional PCR testing capacity may mean that PCR tests may not be offered or required at the frequency described, with RATs used instead. Please check local arrangements*