

# Tips for Performing an At-home Test



- **Check the test expiration date.** Do not use expired tests or test parts that are damaged or discolored.
- **Read the instructions on the box.** Follow the steps carefully and in the order they are listed, otherwise your test result may not be correct.
- **Do not open test kits until you are ready to start.** Disinfect the table or other surface where you are performing the test.
- **Before taking your sample, wash your hands with soap and water.**
- **Do not reuse test kits or parts.**
- **Wash your hands when you are finished.**

## Reading Your Test Results

- **At-home testing may be less accurate than a test from a health care provider.** This is why, in some cases, you may also need to get another COVID-19 test to confirm your result (called a *confirmatory test*<sup>1</sup>).

At-Home Test Result		What to Do
If you test <b>positive</b>		<b>Separate from others for 10 days</b> , let your health care provider know you tested positive, and inform your household and close contacts <sup>2</sup> that you tested positive. They should also separate from others and get tested if necessary.
If you test <b>negative and...</b>	Have COVID-19 <b>symptoms</b> <sup>3</sup>	<b>Separate from others for 10 days</b> and get a confirmatory test.
	Have <b>no symptoms</b> and have recently been in <b>close contact</b> with someone with COVID-19	<b>If you are not fully vaccinated:</b> separate from others for 10 days. You can separate for seven days <b>if</b> you get a negative test result from either a confirmatory test at least five days after you were in close contact with someone with COVID-19 or a second at-home test. (If using two at-home tests, your first test must be five days after you were exposed, and the second test must be 24 hours after your first test, or longer based on the manufacturer's instructions.)  <b>If you are fully vaccinated<sup>4</sup> or recovered from COVID-19 in the past three months:<sup>5</sup></b> no action is needed. If you have symptoms, get tested again.
	Have <b>no symptoms</b> and have not recently been exposed to someone with COVID-19	No action is needed.
If you get an <b>invalid result or testing error</b>		<ul style="list-style-type: none"> <li>• Follow the instructions on the box</li> <li>• If you have <b>COVID-19 symptoms or have been in close contact with someone with COVID-19</b>, get another test.</li> </ul>

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<sup>1</sup> A **confirmatory test** is a molecular test, like a PCR test, or an antigen test given at a health care facility, such as a doctor's office, pharmacy, urgent care clinic, or COVID-19 testing site. A test from a laboratory that uses samples from at-home testing kits can also be considered a confirmatory test.

<sup>2</sup> **Close contact** means being within 6 feet of someone with COVID-19 for 10 minutes or more, over a 24-hour period. If you **have symptoms**, close contact means two days before your symptoms began. If you **have no symptoms**, close contact means two days before you tested positive.

<sup>3</sup> **Symptoms of COVID-19** include fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, and diarrhea.

<sup>4</sup> **Fully vaccinated** means you received, **at least two weeks ago:**

- The second shot of a two-shot vaccine, like Pfizer-BioNTech or Moderna
- The only shot of a single-dose vaccine, like Johnson & Johnson/Janssen.

<sup>5</sup> After a positive result in a COVID-19 diagnostic test, **three months from recovery** are measured from the date of first COVID-19 symptoms or, if you had no symptoms, the date of your first positive diagnostic test.