Using Your At–Home Test

At-home COVID-19 tests help you determine if you have COVID-19. By testing when needed, you and your family can reduce the spread of the virus at home, at work, and in your community. Below is information about when to test, and what to do with the results. Follow the step-by-step instructions in the box for more accurate results.

YOU OR A FAMILY MEMBER SHOULD TEST IF

- Experiencing any one of these COVID-19 symptoms:
    - Headache
    - Fatigue (mild or severe)
    - Runny nose or sneezing
    - Sore throat or cough
    - Fever
    - Loss of taste or smell
- Exposed to someone with suspected or confirmed COVID-19.
- Planning to gather with others who are unvaccinated, older adults, or at high risk from COVID-19.

IF YOU TEST POSITIVE

If you test positive with this at-home test and followed the instructions closely, you likely have COVID-19.

1. Contact your NHC provider via phone or MyChart to let them know of your results.
2. Isolate to avoid spreading the virus to others — even if you feel well.
    - Isolation should be five full days after being fever-free for 24 hours.
    - Wear a mask for five days after isolation. If you cannot wear a mask, isolate for a full ten days.
    - When isolating, stay in a separate room from others in your household
        - Do not share household items and avoid contact with others and pets, if possible.
        - Wear a well-fitting mask if you need to be around others in your house.
3. Tell anyone who recently spent time with you that they may have been exposed to COVID-19.
4. Watch for any emergency warning signs, like trouble breathing, and seek emergency care immediately.

IF YOU TEST NEGATIVE

A negative test result means the virus that causes COVID-19 was not found in your test. It is still possible you have COVID, however. Possible causes for a "false negative" result include no symptoms, testing too early or late, or not following test instructions. You may want to repeat the test or call NHC to discuss or schedule a lab test to confirm the results. Remember, a person with COVID-19 can begin spreading the virus as early as two days before they have any symptoms or test positive. The same can be true for people who don't have symptoms.

NEED MORE TESTS?

You can often find COVID-19 test kits for sale at your local pharmacy or grocery store. If you have insurance, the cost may even be covered. Four free tests are also available via mail for every U.S. household at www.covidtests.gov.

STILL HAVE QUESTIONS?

Your NHC provider and staff are available to answer any questions you might have. Call your clinic or log into MyChart to get assistance.