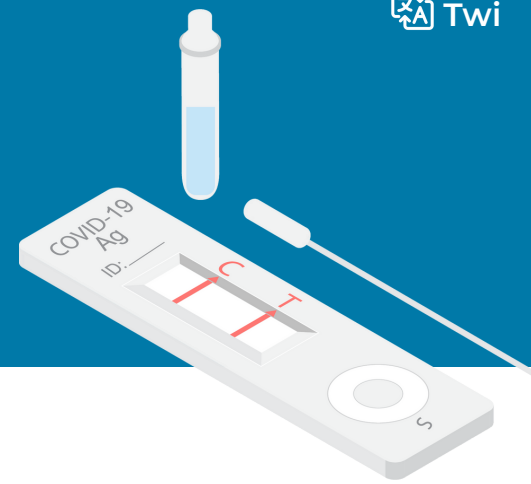


# COVID-19 tzst a woyz wx fie

Sua sznea wobzyz COVID-19 tzst wx wo fie



## → Dzn ne COVID-19 tzst a wxyz wx fie?

Tzst a woyz wx fie ( nea wxfrz no rapid tzst kyerz sz tzst a yznya ne nsunsuansoɔ no ntzm anaa szlf tzst kyerz sz tzst a wo ara woyz) yz tzst a yznya ne nsunsuansoɔ no wx sima 30 ntam.

Saa tzst yi hwehwɛ COVID-19 mmoawa bi wɔ wo ntasu mu anaa wo hwene mu. Tzst yi kyerɛ wo sɛ wowɔ COVID-19 seesei ara anaa.

## → Bere bɛn na ɛsɛ sɛ mede COVID-19 tzst a woyz wx fie no di dwuma?

COVID-19 tzst a woyz wx tebea ahodox a edidi so yi mu:

- Bere woahunu nsɛnkyerɛnne ahorow bi
- Ansa na wobɛkɔ akɔsra w'adamfo anaa wo dɔfo bi a ne tebea no bztumi ama ayz mmerz sɛ ɔbɛnya COVID-19 yare no bi
- Ansa na wobɛkx nhyiam akɛse anaa nketewa ase no
- Sɛ wo nya COVID-19 a (ɛsɛ sɛ woyz tzst no hwɛ sz woanya bi anaa. Yz tzst no da a ɛtɔ so 5 bere a woanya COVID-19 no akyi. Sɛ woyɛ tzst no ntɛm dodo a, na sɛ woanya COVID-19 mpo a, wobɛtumi anya nsunsuansoɔ a yz negative.)

## → Sɛn na mede COVID-19 tzst a woyz wx fie bedi dwuma?

Di akwankyerɛ a ɛka wo tzst nnezma no akyi. Mpɛn pii no, wode adez a asawa wx anoo hyz wo hwene mu na wode zno ayz wo tzst no.

CDC wɔ video ahorow pii a ɛfa sɛnea woyɛ COVID-19 tzst ho. Sɛ wopɛ sɛ wusua pii a, kɔ:  
[www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html](https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html)  
 anaa scan QR code a ɛwɔ ase ha no.



## Nea zkyerz sz obi anya COVID-19 yare no bi ne:

- Hyew de wo anaa awx de wo
- ɛwa
- Wo home a ɛnsisi so anaa wote nka sɛ wo home a wuntumi nnya mframa dodox a wopz
- ɔbrɛ (wote nka sɛ wabrɛ paa)
- Ntini anaa nipadua mu yaw
- Tipaɛɛ
- Wonte ade dz anaa wonte ade hwa
- Menemkuro
- Hwene a ɛresuae nsu anaa asi





# Dɛn na me tzst no ho nsunsuansoɔ no kyerɛ?

Negative  
(wɔnɔhu  
mmoawa  
biara)

## Sɛ woyɛ tzst no na nsunsuansoɔ no yz negative a:

- Ebia woanya COVID-19 anaa wonni bi - zho hia sɛ woyz tzst foforo wɔ nnɔnhwerɛ 48 mu na ama wo tzst no adi mu
- Sz wo tzste negative a, nea zkyerɛ ara ne sɛ wɔnɔhu COVID-19 mmoawa no. Eyi betumi aba sɛ woyɛz tzst no ntɛm dodo, saa bere no ebia tzst no annya mmoawa no dodox sɛnea ɛsɛ nti na zkyerɛ sɛ tzst no yz negative bere mpo a wowɔ COVID-19 yare no bi.

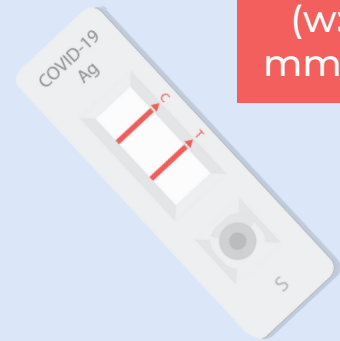


## Sɛ wo tzst no yɛ positive a:

- Wowɔ COVID-19
- Tew wo ho firi afoforo ho anyɛ yiye koraa no nɔnfua 5 – eyi kyerɛ sɛ wobɛtra fie a wonnkɔ obi nkyɛn. Da a ɛto so 5 akyi no:
  - Sɛ wonte ahoxhyez nka nnɔnhwerew 24 a, wubetumi afi fie (tew a wotew wo ho no aba awiez)
  - Sɛ woda so ara hu yare no ho sɛnkyerɛnne wx wo ho a, kɔ so ara tew wo ho firi nnipa mu kosi sɛ wonte ahoxhyez nka nnɔnhwerew 24 a womfa aduru biara
  - Sz tew a wotew wo ho firi nnipa ho no aba awiez mpo a,hyɛ nose mask bere biara wopz sz wobzn nnipa kosi nɔnfua 10
- Sɛ wohu sz wobetumi anya COVID-19 yare no bi a, frɛ wo dɔkɔta. Sɛ wonni dɔkɔta a, wobɛtumi akɔ test-to-treat wɛbsaet hɔ akɔhwɛhwɛ aduru: <https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>

Tzst a wode bedi dwuma no betumi ayɛ soronko- kenkan tzst no ho akwankyerɛ bere nyinaa

Positive  
(wɔahu  
mmoawa)



# Ɛhe na metumi anya COVID-19 tzst a woyz wx fie no ho nnezma?

- Wubetumi atɔ COVID-19 tzst a woyz wx fie no ho nnezma no bi wx nnurutɔnbea anaa sotɔɔ a wɔtɔn nnuan wx mu
  - Sɛ wowɔ insurance a, ebia wxbetumi de tzst no ho nnezma amane wo anaa wɔatua zho ka no bi ɔsram biara ama wo
- Hwɛ akwahosan dwumadibea a ɛbzn wo sɛ wɔde tzst no ho nnezma bɛma wo a wontua hwee anaa
- Wubetumi akra COVID-19 tzst a woyz wx fie no ho nnezma 4 a wontua hwee wɔ fie biara mu denam mail so: [COVID.gov/tests](https://www.covid.gov/tests)

Wubetumi akra COVID-19 tzst a woyz wx fie no ho nnezma 4 a wontua hwee wɔ fie biara mu denam mail so: [www.hhs.gov/coronavirus/community-based-testing-sites/index.html](https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html)