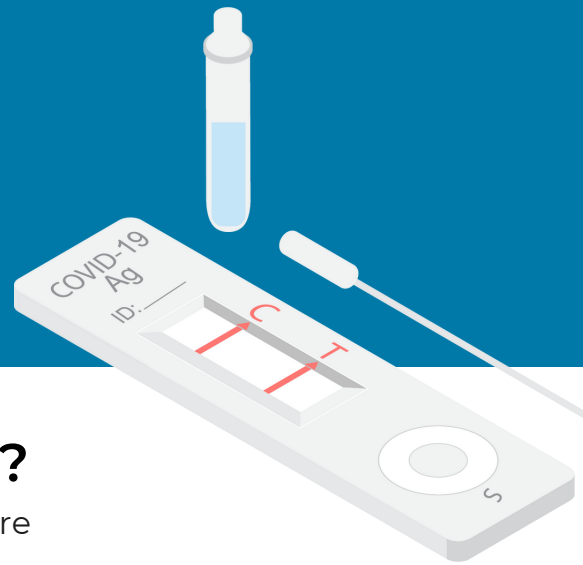


At-home tests for COVID-19

Learn the basics about at-home COVID-19 tests



→ What is an at-home COVID-19 test?

At-home tests (sometimes called rapid tests or self-tests) are tests you can take that give you results within 30 minutes.

These tests look for parts of the COVID-19 virus in your saliva or in your nose. The test tells you if you have COVID-19 right now.

→ When should I use an at-home COVID-19 test?

Test for COVID-19 at these times:

- If you have symptoms
- Before visiting a friend or loved one who has a higher chance of getting very sick from COVID-19
- Before large gatherings or indoor events
- If you were exposed to COVID-19 (You should test around day 5 after being exposed. If you test too early, you could get a negative test even if you have COVID-19.)

→ How do I use an at-home COVID-19 test?

Follow the directions that come with your test. Usually, you will rub a swab inside your nose and then test it.

The CDC has many videos on how to take a COVID-19 test. To learn more, visit:

www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html

or scan the QR code below.



Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or feeling like you can't get enough air
- Fatigue (feeling very tired)
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose



→ What do my results mean?

If you test negative:

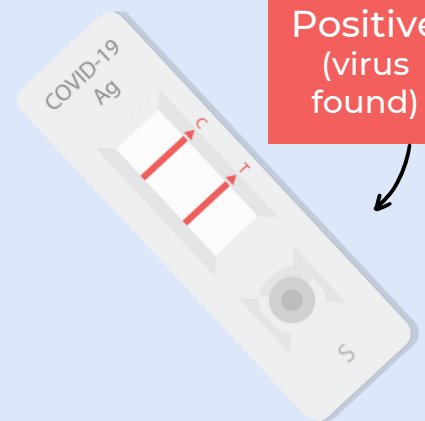
- You may or may not have COVID-19 - you will need another test in 48 hours to be sure
- A negative test just means it did not find the COVID-19 virus. This can happen if you test too early after you were exposed, when the test might not pick up enough of the virus and can show a negative test even if you have COVID-19.



The tests you use may look different—always read the test instructions

If you test positive:

- You have COVID-19
- Isolate for at least 5 days – this means stay home and away from others. After day 5:
 - If you are fever-free for 24 hours, you can leave home (end your isolation)
 - If you still have symptoms, continue to isolate until you are fever-free for 24 hours without using medicine
 - Wear a mask around others for 10 days, even if you end your isolation before then
- Call your doctor if you have a higher chance of getting very sick from COVID-19. If you don't have a doctor, you can visit the test-to-treat website to find medicine:
<https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>



→ Where can I get an at-home COVID-19 test?

- You can buy an at-home test from a pharmacy or most grocery stores
 - If you have insurance, they may be able to send you home tests or pay for a certain number of tests per month.
- Check with your local health department to see if they offer free tests.
- You can order 4 free at-home COVID-19 tests per household through the mail:
[COVID.gov/tests](https://www.cdc.gov/covid19/testing)

You can also visit this website to find a community testing site near you:
www.hhs.gov/coronavirus/community-based-testing-sites/index.html