**24 HOURS**

A rapid COVID-19 test is a viral test that tells you if you are infected with SARS-CoV-2, the virus that causes COVID-19. A positive self-test result means that the test detected the virus, and you are very likely to have an infection.

A negative self-test result means that the test did not detect the virus and you may not have an infection, but it does not rule out infection. Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected.

☑ You do not have to confirm your positive at-home test result with a PCR test. If you think your positive test result may be incorrect, contact a healthcare provider to determine whether or not additional testing is necessary.

☑ You do not need to report your home test result to the state or local health department. Only tests performed at a clinical test site are reported. You should let your school know of your positive result so close contacts can be notified.

☑ Local and state health departments will not provide documentation for home tests.

## If your home test result is positive, you should:

- Stay home for at least 5 days and isolate away from others. As much as possible, stay in a specific room and away from other people and pets in your home. That includes using a separate bathroom when possible. If you are fever free for 24 hours and your symptoms have significantly improved or resolved, you may leave your home after 5 full days have passed since your symptom onset (or your positive test IF you have been asymptomatic throughout your infection). If you leave your home, you MUST wear a well-fitted mask for an additional 5 days (10 full days total) any time you are around others inside your home or in public. Avoid travel and people who are severely immunocompromised because you may be contagious for up to 10 days. Do not go to venues where you are unable to mask at all times, like restaurants. Consult your doctor if you have concerns. **Do not go to places where you are unable to wear a mask.**

- Identify your close contacts. A close contact is anyone who you were within 6 feet of for a cumulative total of 15 minutes or more over a 24-hour period while contagious. A person is first considered contagious 48 hours before symptoms begin. If a person has no symptoms, the individual is considered contagious 48 hours before the positive test. To identify your close contacts after a positive home test, ask yourself:
  - o Who lives with me?
  - o Have I gone to work or school? Who was I around?
  - o Have I gotten together with others (going to a party, restaurant, gym, theater)?
  - o Have I been around others at stores, places of worship, appointments (salon, doctor, dentist)?

- Tell your close contacts. Let your close contacts know that you have tested positive so that they can get tested and quarantine if necessary. By informing your close contacts they may have been exposed, you are helping to protect everyone. You can send an anonymous email or text to your close contacts with this tool from the Centers for Disease Control and Prevention: http://www.tellyourcontacts.org/.

- Monitor your symptoms. Look for emergency warning signs for COVID-19. If you are showing any of these signs, seek emergency medical care immediately:
  - o Trouble breathing
  - o Persistent pain or pressure in the chest
  - o New confusion
  - o Inability to wake or stay awake
  - o Pale, gray, or blue-colored skin, lips or nail beds, depending on skin tone

Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care and have COVID-19. Please call your medical provider for any other symptoms that are severe or concerning to you.

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