



COVID-19 Self-Test: Usage & Next Steps



When to Use a COVID-19 Self-Test

If you have had COVID-19 in the past 90 days, screening testing is not recommended. Use a self-test if you develop any new symptoms. If you do have new symptoms, consult a healthcare provider for testing recommendations.

<p>Before a Large Gathering or Event Self-test immediately before the gathering, or as close to the time of the event as possible. Consult with the event host or school administration on test requirements prior to the event.</p>	<p>After Close Contact or Potential Exposure to COVID-19 If symptoms develop, use a self-test immediately. If no symptoms develop, a self-test is recommended five days after exposure.</p>
<p>After Traveling Use a self-test three days after traveling.</p>	<p>COVID-19 Symptoms If you have any COVID-19 symptoms, use a self-test as soon as possible.</p>

What to Do With COVID-19 Self-Test Results

<p>Self-Test Result is <u>Positive</u></p> <ul style="list-style-type: none"> ● Inform the school or office and others who need to know. ● Stay home and isolate for at least 5 days. If unable to mask, isolate for 10 days. ● Return to school or work when <ul style="list-style-type: none"> ○ Isolation period is complete, ○ Fever-free for 24 hours without the use of fever-reducing medication, and ○ Other symptoms have improved. 	<p>Self-Test Result is <u>Negative</u> The test did not detect the virus, but this does not rule out an infection.</p> <ul style="list-style-type: none"> ● If you have a negative result and symptoms of COVID-19: <ul style="list-style-type: none"> ○ Stay home. You may have tested before the virus was detectable, or you may have another illness, such as the flu. ○ Consider taking a PCR test or second self-test when 48 hours have passed since the first test. ○ Contact your healthcare provider if you have any questions about your test result or symptoms, especially if they worsen. ● If you have a negative result and were exposed to someone with COVID-19 and you tested negative five days after exposure: <ul style="list-style-type: none"> ○ You are likely not infected, but an infection cannot be completely ruled out. ○ Return to school or work when quarantine requirements are met. ● If you have a negative result, no symptoms, and no exposure to someone with COVID-19 in the last 10 days, it is OK to go to school, work, or attend a large gathering.
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For More Information

- DOH Interim Isolation and Quarantine Guidance for K-12 Schools bit.ly/36pXOy5
- DOH COVID-19 Self-Tests bit.ly/3DUI0AJ
- Call the COVID-19 Hotline at (808) 586-8332

