

IMPORTANT INFORMATION ABOUT USING AT-HOME COVID-19 TESTING KITS

When to Consider Self-Testing

Self-tests may be used if you have COVID-19 symptoms or have been exposed or potentially exposed to an individual with COVID-19.

Even if you don't have symptoms and have not been exposed to an individual with COVID-19, using a self-test before gathering indoors with others can give you information about the risk of spreading the virus that causes COVID-19. This is especially important before gathering with unvaccinated children, older individuals, those who are immunocompromised, or individuals at risk of severe disease.

A positive test result indicates that you likely have a current infection, and you should isolate and inform close contacts.

A negative test result indicates that you may not be infected and may be at low risk of spreading disease to others, though it does not rule out an infection. Repeating the test will increase the confidence that you are not infected. Performing serial tests, meaning two or more tests over several days with at least 24 hours between tests—with one test as close as possible to the event you will attend—improves the reliability of testing and reduces your risk of transmitting disease to others even further. Some self-tests require this type of repeat testing in the manufacturer's instructions.

If Your Test Result Is Positive

Please call to report a positive test to 543-6949 or your local village health clinic. You should stay home and isolate. YKHC's Contact Tracing team can help you determine how long you'll need to isolate. For most people, this is 10 days from when your symptoms

started or 10 days from your test date if you have no symptoms. Wear a mask if you are around other people, even if they are members of your household. If your illness becomes severe, seek medical attention. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately. To avoid spreading the virus to others, follow YKHC and CDC recommendations.

YKHC Contact Tracing will ask you for a list of all contacts, starting two days before you first symptoms. If you do not have symptoms, they will ask for anyone you were in contact with two days before your test.

Please make a list of the names, contact numbers, and dates of birth (if you have it) of anyone you came into contact with during that time. Include notes about how close you were, and for how long. This will help us to make quarantine and testing recommendations specific to each contact.

If you feel comfortable, please tell your close contacts that they may have been exposed to the virus that causes COVID-19. Your household members should quarantine and seek testing right away. All other contacts should test right away if they have symptoms. Additional testing dates vary between 5 and 7 days after last exposure based on contact specific details, the YKHC Contact Tracing team will reach out to the people on your list, and set testing up with them.

If you think your test result may be incorrect, contact the COVID Hotline at 543-6949 to determine whether or not additional testing is necessary.

If Your Test Result Is Negative

A negative test result means the virus that causes



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COVID-19 was not found in your specimen, and you may have a lower risk of transmitting the disease to others. If you took the test while you had symptoms and followed all instructions carefully, a negative result means your current illness is probably not COVID-19, though it does not rule out a COVID-19 infection.

However, it is possible for a test to give a negative result in some people who have COVID-19. This is called a false negative. You could also test negative if the specimen was collected too early in your infection. In this case, you could test positive later during your illness.

Serial Testing (Repeat Testing)

Serial self-testing is when a person tests themselves multiple times for COVID-19, or on a routine basis, such as every few days. By testing more frequently, you might detect the virus that causes COVID-19 more quickly and could reduce the spread of infection. Some self-tests include instructions for performing serial testing,

including the number of days between tests, and may include more than one test in the package.

If your self-test is negative, you should follow the manufacturer's instructions for use for serial testing. They may recommend you test again within 2 or 3 days. Contact YKHC if you have any questions about your test results or serial testing.

If Your Result Shows Invalid or Error

Sometimes invalid results or an error can show on the test device. Invalid results or an error can occur for many reasons. Your specimen may not have been collected correctly, or the test may have malfunctioned. Invalid test results are rare but can occur. If the self-test shows an invalid result or a test error, the test did not work properly. If this happens, refer to the instructions for use in the package insert or contact YKHC for assistance.

