

# COVID-19 AT-HOME TESTING GUIDE



If you have symptoms, take your test right away.



If you do not have symptoms, take your test 5-7 days after exposure to virus.



Follow the instructions included in the kit. For more information, go to [CDC.gov/coronavirus/2019-ncov/testing/self-testing.html](https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html).

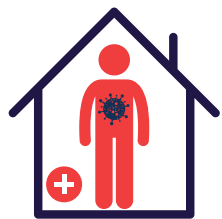


If you test positive and are at risk of hospitalization, seek treatment right away; go to [aspr.hhs.gov/TestToTreat](https://www.aspr.hhs.gov/TestToTreat).



Check updated expiration dates online for test kits with printed expiration dates that have passed: [fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests](https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests).

## POSITIVE RESULT



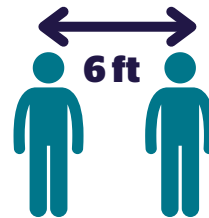
Follow isolation guidelines and stay home for 5 days. Notify your close contacts.



After 5 days, if you have no fever and your symptoms are better, you may end isolation if you wear a mask AT ALL TIMES when you are around others for 5 MORE days. If you still have a fever after 5 days, continue to isolate until it has been gone for 24 hours and other symptoms are better.

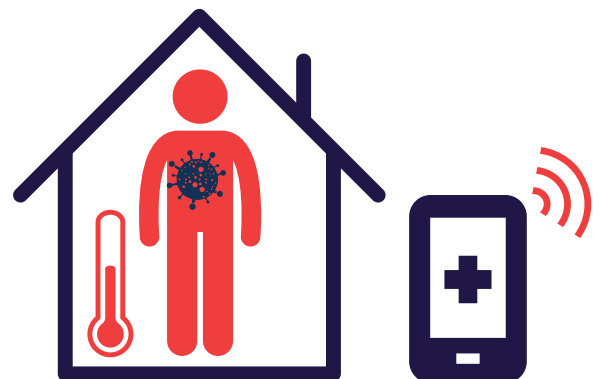



## NEGATIVE RESULT



Follow quarantine guidelines if they apply to your situation before returning to safe activities.

If you have new or worse symptoms after a negative test, isolate and get a PCR test. If you have severe symptoms, seek medical attention immediately.



- Scan the code 
- Visit [MeckNC.gov/COVID-19](https://www.MeckNC.gov/COVID-19)
- Call 980-314-9400, Option 3 (English) or Option 8 (Spanish)

