



## When To Take an At-Home COVID-19 Test

Test Yourself If...	Timing
You have any COVID-19 Symptoms <small>(fever or chills, cough, difficulty breathing, new loss of taste or smell, sore throat, congestion, body aches, fatigue, severe headache, nausea, vomiting)</small>	Immediately
You were exposed to someone with COVID-19	<ul style="list-style-type: none"> <li>• At least 5 days after your exposure</li> <li>• If you test negative for COVID-19, retake your test 12-24 hours after your first test</li> </ul>
You are going to an indoor event or gathering	Immediately before the gathering, or as close to the time of the event as possible

## How to Get an At-Home COVID-19 Test



- Order free tests at [COVIDtests.gov](https://www.covidtests.gov). Free tests are also available through local health departments.
- Buy tests online or in pharmacies and retail stores. Private health insurance may reimburse the cost of purchasing self-tests. Visit [FDA's website](#) for a list of authorized tests.
- If you're not able to obtain a self-test when you need it, you might also visit a community testing site, or call your local health department for more options.



## What to do with the Results

### If your test is **POSITIVE**

- The test detected the virus and you have an infection. Any positive is a positive result.
- **Stay home** for at least 5 days and isolate from others in your home.
- Tell those you have been in close contact with
- Wear a mask if you have to be around others
- Update your healthcare provider and ask them any questions you may have.
- **Email [nurse@lgamn.org](mailto:nurse@lgamn.org) for further instructions regarding school.**

### If your test is **NEGATIVE**

- The test did not detect the virus, but doesn't rule out an infection.
- **Repeat** the test 12 to 72 hours later. Multiple negative tests increases the confidence that you are not infected with the virus that causes COVID-19.
- Your student may return to school as long as symptoms have improved, without symptom-reducing medications, and they feel well enough to attend.

# What to do with your COVID-19 Test Results



## POSITIVE

### If your test is **POSITIVE**

- The test detected the virus and you have an infection. Any positive test is a positive result.
- **Stay home** for at least 5 days and **isolate** from others in your home.
- Tell those you have been in close contact with
- Wear a mask, if you have to be around others
- Update your healthcare provider and ask them any questions you may have.
- **Email [nurse@lgamn.org](mailto:nurse@lgamn.org) for further instructions regarding school.**



## Negative

### If your test is **NEGATIVE**

- The test did not detect the virus, but doesn't rule out an infection.
- **Repeat** the test 12 to 72 hours later. Multiple negative tests increases the confidence that you are not infected with the virus that causes COVID-19.
- Your student may return to school as long as symptoms have improved, without symptom-reducing medications, and they feel well enough to attend.