

Using an antigen at-home test.

Get quick results for ages 2 and older.
At-home tests are easy, low-cost options.

Guidance is different for school, healthcare and congregate settings.

When to test for COVID-19.

Test if you have new symptoms, even if you are up to date on COVID-19 vaccine.

Test if you have been around someone with COVID-19. It is best to test at least 5 days after the last potential exposure.

Test before you attend an event, travel, or gather.

Instructions:

1. Carefully read kit instructions before you start the test.
2. Swab both nostrils for 30 seconds – 15 seconds each side.
3. Read results. Result times vary by test. Be sure to read instructions.

If you test positive:

- Start isolation immediately.
- Notify close contacts from at least 2 days before test or symptom onset.
- Notify your healthcare provider and report positive result to DOH at safercovid.org/mytest or (800) 525-0127.
- Care for yourself at home so long as your symptoms are mild to moderate.

Remember: Even a faint line means a positive test result.

If you test negative:

A “false negative” is possible. Test again if you have COVID-19 symptoms, were exposed to someone with COVID-19, or the COVID-19 community level is high.

- If you have symptoms, retest every 24–48 hours for at least 5 days after your symptoms start.
- If you don’t have symptoms, retest every 24–48 hours for 5 days after your last exposure. Test on day 5.

If you are still concerned because of symptoms or exposure, call your healthcare provider.

Want to gather with others, who have not been exposed and have no COVID symptoms?

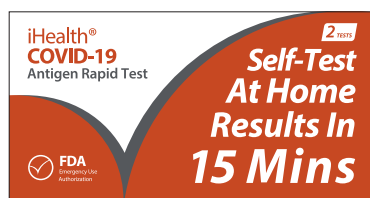
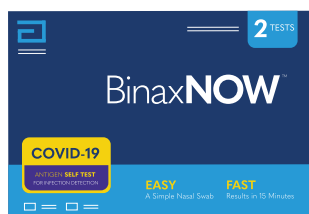
Will people not up to date on their vaccination be present? Consider taking 2 at-home tests, at least 24 hours apart, before the event. The second test should be the day of the event.

When do I seek PCR testing?

Seek PCR testing only if you don’t have an at-home test kit **AND** you have COVID-19 symptoms or need a test at least 5 days after exposure. Or if your medical provider recommends it.

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Learn more at tpchd.org/gettested



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities