Patient Information for COVID At-Home Tests - As of 01.07.2022

How do I use the at-home test?

For best results, you should read and follow manufacturer's instructions. Some test brands may recommend you test twice within 2-3 days to decrease the chances of a false negative.

What do I do if my at-home test is positive?

- A confirmatory PCR test is generally NOT recommended. False positive results are uncommon.
- You do NOT need to report your result to public health authorities.
- Isolate from people who do not have COVID-19 for at least 5 days, and until your symptoms are resolving, including no fever for 24 hours.
- After 5 days, you should continue to wear a mask for 5 more days whenever you are around others.
- Optionally, you may choose to test yourself with another home test after day 5. Some people may still test positive, and potentially be contagious, for longer than 5 days.
- Seek care at the nearest hospital emergency center if you develop shortness of breath, chest pain, or other severe symptoms.
- If you need help with managing symptoms, or to discuss treatment options, contact your primary care clinician.
- If you need help with resources while you are in isolation, you can contact your local town health agent or Outer Cape Health for finding help with meals, medication, etc.

What do I do if my at-home test is negative?

- Follow the manufacturer's instructions that are included in the test box, or you can find the instructions for your test on the FDA website.
- They may recommend you test again within 2 or 3 days.
- If you think your negative test result may be incorrect, contact your primary care provider to determine whether additional testing is necessary.

Other Resources/references:

CDC guidance for self-testing: https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html

CDC guidance for COVID-positive patients and caregivers: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html