# ASIAN HEALTH SERVICES

## Sick?

38°

## 3 - 5 days
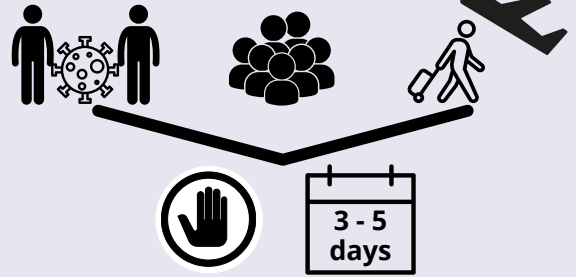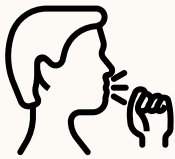
## Use Test Kit
*(2 tests per kit)*

1 min

10 min

4x

3-4x
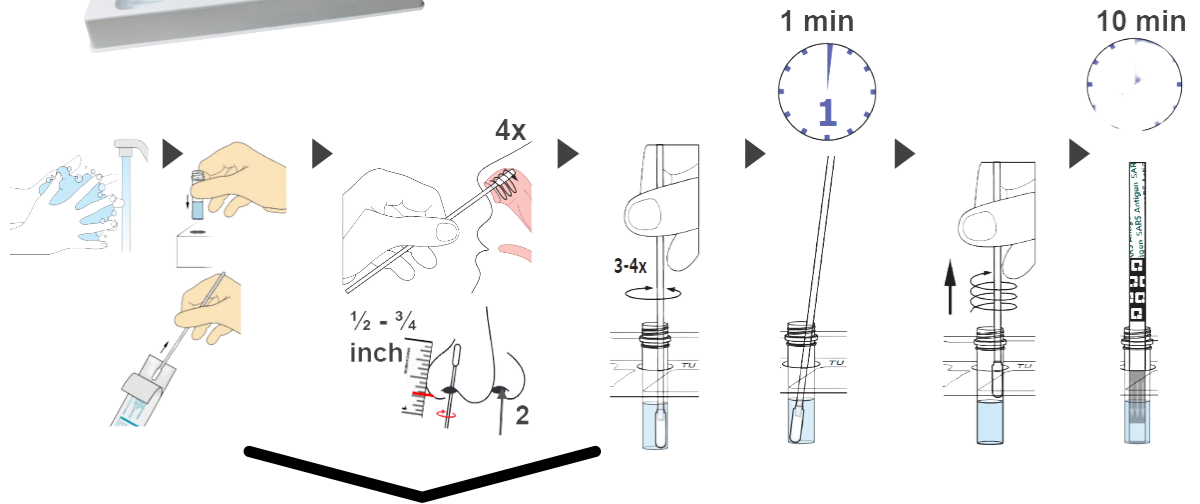
½ - ¾ inch

2

*scan for video instructions*

https://vimeo.com/533752018

**READ WITHIN 5 MINUTES!**

# Results

**READ WITHIN 5 MINUTES!**

2M
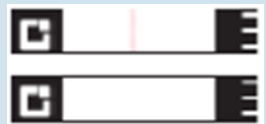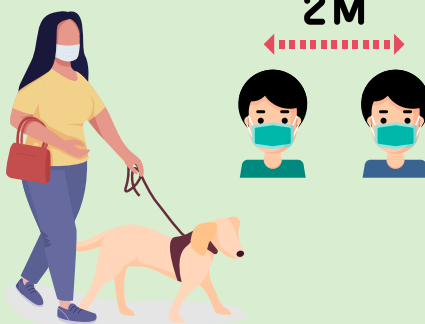
# COVID: Home Self Testing

This test allows you and your family members a quick way to detect COVID infection at home.

## Who should get tested?

1. Family member who is feeling sick that resembles COVID: running nose, cough, sore throat, fever, headache, muscle ache, vomiting, or diarrhea.
2. Family member who has contact with a person with COVID infection.
3. Family member who recently travelled to another state by plane, train, or bus.
4. Family member who attended in-door gathering.

## When should I take the test?

1. A person who is feeling sick should test right away.
2. All other persons should test 3-5 days after their exposure: travel, in-door gathering.
3. If you have COVID and your symptoms are improving, test on day 5 to see if you can leave home.

## What should I do after the test?

1. IF your test is positive, it means you have COVID infection.
   a. You must stay home and away from your family members. Everyone at home should also wear mask.
   b. Take a picture with your ID and the test result. Similar to other viral respiratory infections, you should improve within 1 week. Call your doctor if you are:
      i. Getting worse after 3-5 days, or
      ii. If you have trouble breathing, turning pale/blue, chest pain or pressure, confusion, or unable to stay awake.
   c. Stay home. You do not need another test at a testing center.
2. IF your test is negative, it means COVID infection is not found.
   a. If you are still sick, you may repeat the test in 1 or 2 days.
   b. If you continue to have exposure to someone with COVID infection, you may repeat the test 2-3 days later.
3. IF your test is invalid, please discard and repeat another test with a new sample, or get tested at a testing center.