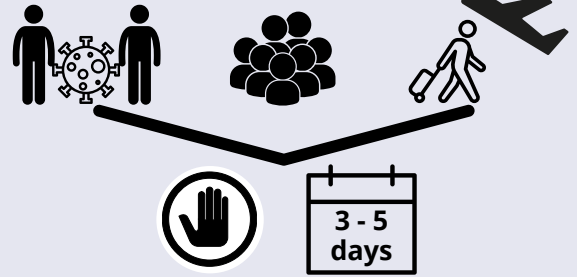
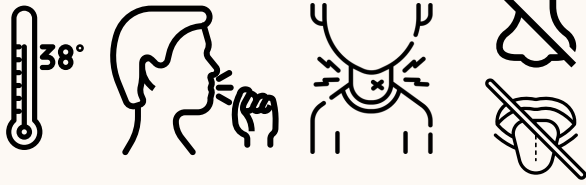




# ASIAN HEALTH SERVICES

**Sick?**



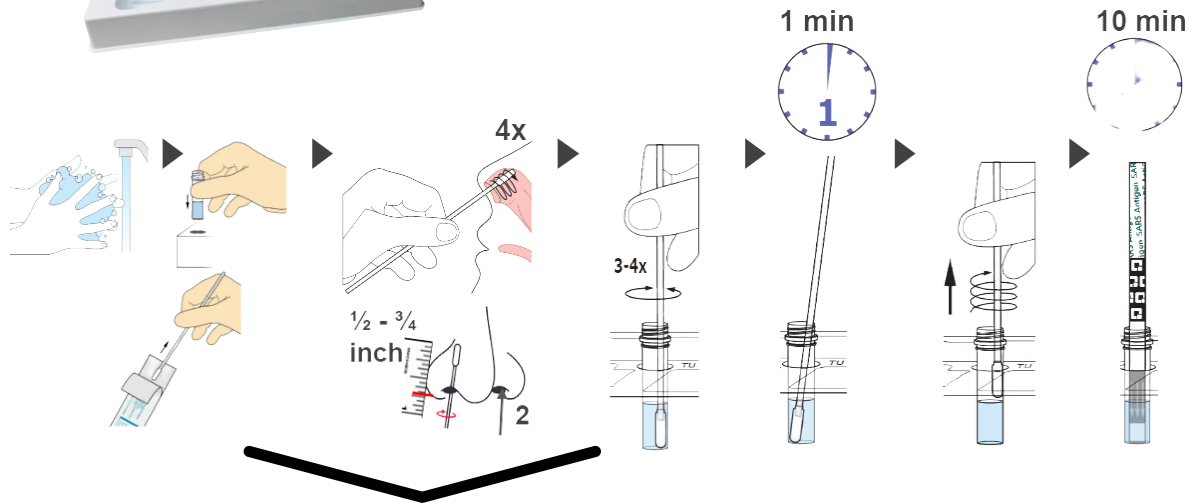
**Use Test Kit**

(2 tests per kit)



scan for video  
instructions

[https://vimeo.com/  
533752018](https://vimeo.com/533752018)

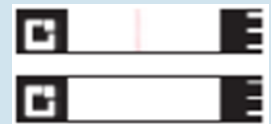
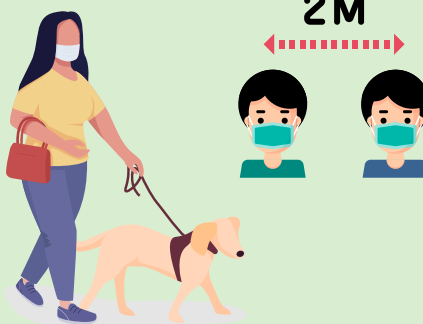


**READ WITHIN 5 MINUTES!**

**Results**



**READ WITHIN 5 MINUTES!**





# ASIAN HEALTH SERVICES

HEALTH CARE FOR ALL. ADVOCACY FOR THE UNDERSERVED.

## 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 3-4 days after their exposure: travel, in-door gathering.

### 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.