



What you need to know about your Over the Counter COVID Test

1. GENERAL INFORMATION

You are receiving the (INSERT NAME OF TESTING PLATFORM) which is a (INSERT RAPID ANTIGEN OR RAPID PCR) test. This test is being provided to you by (INSERT NAME OF LOCAL HEALTH DEPARTMENT, FQHC OR KDHE PROGRAM). If you have any questions about this test, please contact (INSERT CONTACT INFORMATION FOR LOCAL HEALTH DEPARTMENT, FQHC OR KDHE PROGRAM).

2. WHEN SHOULD I USE THIS TEST?

- If you have symptoms of COVID-19 disease, test yourself immediately. Symptoms of COVID-19 may appear 2-14 days after exposure, and anyone can have symptoms, even if you are vaccinated. Symptoms include:
 - New loss of taste or smell
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Fever or chills
 - Headache
 - Muscle or body aches
 - Sore throat
 - Congestion or runny nose
 - Diarrhea
 - Nausea or vomiting
- If you think you had close contact to someone with COVID-19 or may have been exposed to COVID-19 during travel, test yourself 5 days or later after your last exposure to the person with COVID-19 or 5 days or later after you return from travel.
- If you are going to gather with a group of people, especially those who are at risk of severe disease or aren't up to date on their COVID-19 vaccines, test right before you go.

3. WHAT DOES MY RESULT MEAN?

- If your result is negative, use another test kit to test yourself in 2 days. If the result of your second test is positive, follow the guidance for people who test positive for COVID-19.
- If your result is positive, follow the guidance for people who test positive for COVID-19. Please note that because these tests are not observed to assure they were done properly, your local health department or KDHE cannot give you a letter releasing you from work if you have a positive home COVID-19 test. If your employer requires a letter, you will need to get an antigen or PCR test that is either done by or observed by a healthcare professional.



Information for People Who Are Already in Home Isolation Because They Have COVID-19 Or Are in Home Quarantine Because They Were Exposed to COVID-19

- 4. If you already tested positive for COVID-19 and are isolating at home for 5 full days from when your symptoms started, or from when your positive sample was taken if you don't have symptoms, you can test yourself on day 6 IF THE TEST YOU WERE PROVIDED IS AN ANTIGEN TEST. DO NOT USE A PCR TEST FOR THIS PURPOSE.**
 - First, make sure that your symptoms have improved AND you have been fever-free for at least 24 hours without fever reducing medications like acetaminophen or ibuprofen. Then, you should test.
 - If your result is negative, you can leave your home, but you should wear a well-fitted mask when around other people for 5 more days. You should also avoid travel and avoid being around people who are at high risk for developing severe disease.
 - If your result is positive, you should stay home for 5 more days.
 - At the end of the 5 additional days, you may leave your house if your symptoms have improved AND you have been fever-free for at least 24 hours without fever reducing medications like acetaminophen or ibuprofen.

- 5. If you already know that you are a close contact to someone with COVID-19 disease while they were contagious and you are in quarantine at home for 5 full days after your last exposure, you can test yourself on day 6.**
 - If your result is negative, you can leave your home, but you should wear a well-fitted mask when around other people for 5 more days. You should also avoid travel and avoid being around people who are at high risk for developing severe disease.
 - If your result is positive, you should stay home for 5 more days.
 - At the end of the 5 additional days, you may leave your house if your symptoms have improved AND you have been fever-free for at least 24 hours without fever reducing medications like acetaminophen or ibuprofen.
 - You should wear a well-fitted mask when around other people for 5 more days. You should also avoid travel and avoid being around people who are at high risk for developing severe disease.