



## COVID-19 Self-Test Frequently Asked Questions

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### **Why Use a COVID-19 Self-Test?**

COVID-19 self-tests are one of many actions you can take to protect yourself and your close contacts. To [protect yourself and others](#) against COVID-19, you should:

- Get the COVID19 vaccine and your booster
- Wear a mask
- Practice social distancing, whenever possible

### **Are COVID-19 self-tests difficult to use?**

Self-tests can be taken at home or anywhere, are easy to use, and produce quick results.

### **How do I use the iHealth self-test?**

Please follow the [iHealth instructions](#) for performing the test. They are also enclosed in the test kit. Additional languages are available online.

### **Each kit has two test cards. Can I use one of them for two people?**

Each kit is meant for one person. If your first test is negative, use the second test 24-48 hours later, per manufacturer's instructions.

### **When should I use it?**

- Around the holidays - don't spread COVID-19!
- Use a self-test before going to indoor gatherings with people who are not in your household, in order to make sure you are not spreading infection.
- Use a self-test if you are feeling sick to quickly learn if you might have COVID-19.

### **If I am vaccinated or unvaccinated, will the test still work?**

Yes. You can use self-tests, regardless of vaccination status.

### **How long do I need to be sick before I use the test kit?**

You can use self-tests, even when you are not sick. Consider using these self-tests before joining indoor gatherings or activities with others who are not your close contacts.

### **I feel fine, but I am going to a party on New Year's Eve. Should I use it?**

Yes. Before joining others at an indoor party, use the test to make sure you aren't infecting others.

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### **What does a positive COVID-19 Self-Test Result Mean?**

[If you test positive](#), you should [isolate](#) and inform your healthcare provider, as well as any [close contacts](#). You **do not** need to get another test through a doctor or pharmacy.

- A positive self-test result means that the test detected the virus, and you are very likely to have COVID-19.
- Stay home or isolate for [five days](#), even if you are asymptomatic or your symptoms are resolving.
- Wear a mask if you have contact with others.
- Avoid indoor gatherings to reduce the risk of spreading disease to someone else.

### **What does a negative COVID-19 Self-Test Mean?**

A negative self-test result means that the test did not detect the virus and you may not have an infection, *but it does not entirely rule out infection*. Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected. (That is why each kit comes with two tests.)

### **What does an inconclusive or invalid COVID-19 Self-Test Mean?**

If your home test is inconclusive, use the second test card and try again. If both are inconclusive, then consider getting tested through your health care provider, a pharmacy, or at a community site.

### **Do I need to report my COVID-19 test result to the state or local health authorities?**

No. You do not need to report your result to public health authorities, but you should tell your [close contacts](#) (people you have spent time with lately) that you have COVID-19, so that they can get tested and protect others, too. In addition, if a child who attends daycare or school tests positive, you should inform the institution.

### **Will this test detect variants?**

The self-test kits are able to identify COVID-19 variants.

### **How accurate are the iHealth COVID-19 self-tests?**

Based on the results of a clinical study where the iHealth® COVID-19 Antigen Rapid Test was compared to an FDA authorized molecular SARS-CoV-2 test, iHealth® COVID-19 Antigen Rapid Test correctly identified 94.3% of positive specimens and 98.1% of negative specimens.

**For more information on the iHealth test kits, please visit their website at (scroll to bottom of page for FAQs) :** [iHealth Covid 19 Antigen Rapid Test Details – iHealth Labs Inc](#)

**For more information on self-test kits, please visit the CDC website at:** [Self-Testing | CDC](#)