

COVID-19 Rapid Antigen Home Testing



COVID-19 testing is important to slow the spread of virus and identify people that need treatment. Because people are contagious before developing symptoms, testing is also important for stopping the silent spread of the infection.

Ellume



Results in 15 minutes

- Requires a smart phone
- Download app
- Results can be emailed

BinaxNOW



Results in 15 minutes

- Smartphone NOT required
- 2 test kits included

QuickVue



Results in 10 minutes

- Smartphone NOT required
- 2 test kits included

iHealth



Results in 15 minutes

- Smartphone NOT required
- 2 test kits included

Recommended Uses of Rapid Home Tests on the Navajo Nation:

- For those with exposure to COVID-19 (close contacts) – test 5 days after last COVID-19 exposure
- For those with symptoms of COVID-19
- Routine screening required by employer
- 3-5 days after activities with risk of exposure to COVID-19
- Prior to visiting family who are elderly, have medical risks (for example, people diabetes, obesity or lung disease), or who are unvaccinated
- Prior to returning home from working away
- Prior to any family gatherings (best done immediately prior to gathering). NOTE: people with COVID-19 symptoms should not attend or host gatherings, even if they test negative

Note: Testing is NOT recommended for anyone with a COVID-19 infection in the past 90 days unless there are new symptoms of COVID-19 and the provider or public health team advises testing.

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Symptoms of COVID-19: May appear 2-10 days after exposure to the virus. Symptoms may include any one of these:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If someone is showing any of these WARNING SIGNS, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face



Home Test Kit – What to do

To do a COVID-19 Home Test, carefully follow the instructions provided in the kit. The manufacturer may provide other resources, such as quick guides or videos, to help you perform the test correctly.

- Store test kits and do testing at room temperature (59-86°); tests may not perform well outside this range.
- Perform the steps in the order that they are listed.
- It is important to collect a good quality specimen. This may cause temporary discomfort.

NOTE: If you don't have any symptoms, the home test kit is less accurate. It is possible for someone who is infected and has low levels of the virus to test negative (i.e., a false negative). If testing before gathering and the gathering lasts more than 2 days, testing should be repeated every 48-72 hours to ensure that people remain negative for the duration of the gathering.

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HOW TO INTERPRET YOUR COVID-19 HOME TEST

Test result	What does the test result mean?	What should you do?
Positive test	COVID-19 disease is very likely	<ul style="list-style-type: none"> • Immediately isolate at home for 10 days away from others. Talk with the public health team about options for shortened isolation. • Call your local COVID hotline or contact your local public health department. You may be eligible for treatment, but it must be given soon after symptoms start. • Notify your close contacts as soon as possible. • Please review the following pages for guidance on isolating, self-monitoring, and identifying close contacts.
Negative test in someone with symptoms	COVID-19 disease is possible if you have ANY symptoms of COVID-19	<ul style="list-style-type: none"> • Immediately isolate at home away from others. • Test may be a false negative. Get a confirmation test at your local healthcare facility. • Please review the following pages for guidance on isolating.
Negative test in someone without symptoms	COVID-19 disease is NOT likely at this time if you have NO symptoms	<p>NO exposure to a COVID-19 case (not a close contact):</p> <ul style="list-style-type: none"> • Continue routine prevention measures (masks, distancing, avoid indoor crowds). <p>Recent exposure (close contact):</p> <ul style="list-style-type: none"> • Get tested 5 days after last exposure to a person with COVID-19. • If symptoms develop, get tested immediately and stay away from others until the result is back. • Mask indoors any time you are around others for 10 days, including in the home. • If you are unvaccinated and/or unboosted: <ul style="list-style-type: none"> • Quarantine for 10 days since last exposure to a person with COVID-19. • If your test was done 5 days after last exposure, ask the public health team about a shortened quarantine option. • If you are fully vaccinated and boosted: no need to quarantine. • Please review the following pages for guidance on self-monitoring and quarantine.

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HOW TO ISOLATE

Stay at home away from others. This means staying in a room or area away from others and using a separate bathroom. If it's not possible to safely isolate at home, ask our team about hotel options and other ways to protect those close to you.

Wear a mask at all times when around others for ten days, including within your home.

How long to isolate:

- People with symptoms should isolate for ten days from the day of onset of symptoms (this is when you first began to feel sick or noticed something was off, even if it was very mild such as feeling overly tired or having a scratchy throat).
- **People who don't have symptoms** should isolate for ten days from their positive test date.
- In some cases, isolation may be shortened to five days if the person was tested on day five and the result was negative, providing their symptoms are resolved. Talk with your public health team about options for shortened isolation.

After completing isolation: Anyone who is not fully vaccinated or has not had the booster should get the vaccine. Even after an infection, the vaccine is very effective at giving extra protection for the future.

HOW TO SELF-MONITOR

Anyone who has had close contact or tested positive should self-monitor for symptoms (see page 2 for a symptoms list). COVID-19 symptoms may appear 2-10 days after exposure to the virus.

Remember, all people should seek immediate emergency care for any WARNING SIGNS (see page 1 for a list of warning signs).

HOW TO IDENTIFY AND NOTIFY CLOSE CONTACTS

Who are my close contacts?

A close contact is anyone who came within 6 feet for at least 15 minutes over a period of 24 hours. This can include household members, close friends, coworkers, and others who have been close to you while infected. This does NOT include people who had passing contact like people in a store or a drive through window.

Anyone who tests positive should follow these steps to help protect their loved ones.

How to find your close your contacts and tell them what to do

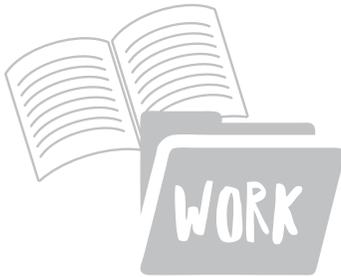
Step 1: Find the first day you felt sick on your calendar. Find the day you first felt sick or noticed something was off even if it was very mild (such as feeling overly tired or having a scratchy throat). Mark it with an x. If you didn't have symptoms but tested positive, mark the date you got tested with an x.

Step 2: Find the dates of possible spread. The virus can spread starting two days before symptoms start up until the time when someone isolates. Circle all the dates starting two days before the date you marked with an x up until the last day you had close contact with someone.

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Step 3: Make a list of all your close contacts. Write down every person you were within 6 feet of for at least 15 minutes during your dates of possible spread.

Step 4: Call each person on your list NOW! Share the information in this packet to help your close contacts understand quarantine. Tell all of your close contacts that they have been exposed to COVID-19 and must self-quarantine.

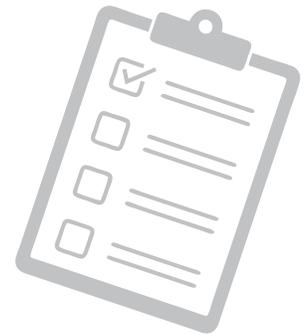


Questions to help remember close contacts: On the dates of possible spread, did I...

- Go to work or school?
- Get together with others? (shared a meal, visited a friend, had friends or family at my house)
- Attend a gathering like a sports event, celebration, church, or other special event?
- Go to in-person appointments (like a doctor or dentist appointment)?
- Ride in a car with others?

What to tell a close contact:

- Get tested 5 days after your last exposure or immediately if symptoms develop. Anyone with symptoms should stay away from others while waiting for the test result.
- All close contacts should mask indoors (including at home) for 10 days after their last exposure.
- Close contacts who are unvaccinated and/or unboosted should quarantine for 10 days (see “How to Quarantine” section below). Quarantine may be shortened if the test is negative at day five.
- Close contacts who are fully vaccinated and boosted do not need to quarantine at home, provided they have no symptoms. But they should still mask at all times around others for 10 days.



HOW TO QUARANTINE (this guidance is for close contacts who are unvaccinated and/or unboosted, not for anyone who tests positive)

Stay at home away from others. This means staying in a room or area away from others and using a separate bathroom. If it's not possible to safely quarantine at home, ask our team about hotel options and other ways to protect those close to you.

How long to quarantine: for 10 days since last exposure to a person with COVID-19.

- If your test was done 5 days after last exposure and the result was negative, ask the public health team about a shortened quarantine option.