



At-Home COVID-19 Testing GUIDELINES for the Public

Michigan.gov/Coronavirus

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Testing is an important tool to help reduce the spread of COVID-19. **If you have symptoms or have been in contact with someone suspected or confirmed to have COVID-19, you should be tested regardless of your vaccination status.** Consider using a self-test before joining indoor gatherings with others who are not in your household. Testing is an important part of the strategy to keep kids in school, employees safe, and vulnerable populations protected.

When to use your Home Test

- If you are experiencing symptoms of COVID-19

COVID-19, the illness caused by the SARS-CoV-2 virus, is extremely contagious. Symptoms can include fever, chills, cough, fatigue, muscle aches, headache, loss of taste or smell, sore throat, congestion or runny nose, vomiting, diarrhea, and skin rashes. Some people may have increased shortness of breath and severe disease about one week after symptoms start.

If at any time someone has difficulty breathing (for example, cannot speak in full sentences without stopping to take a breath) or is experiencing other emergency symptoms, do not wait to test.

Instead, call 911 or go to an emergency room.

- If you've been identified as a personal/household contact to a COVID-19 case
- Before or after large gatherings or travel

There are many different types of at-home tests, so be sure to follow the manufacturer's instructions exactly and perform the steps in the order they are listed. The manufacturer may provide resources (like a helpline) to assist you in performing the test correctly and to answer questions you might have.

If you would like to discuss your results and what actions you should take you may call 2-1-1.

You should take the recommended actions summarized below based on the results of your at-home test.

You do not need to go to a lab or a medical facility for a confirmatory PCR test unless specifically instructed to do so by your local health department or medical provider.

Positive Results

Note: Day 0 is the day symptoms appeared, or if no symptoms, the date of the positive test.

If you test positive, it is important that you take steps right away to protect family, friends, coworkers, and others around you.

[Actions to take if at-home tests results are POSITIVE:](#)

1) Isolate

- **Stay home and away from others for at least 5 days.** Day 0 is your first day of symptoms or a positive test. Day 1 is the first full day AFTER day 0 (the day your symptoms developed or the day you completed the at home test).
 - Wear a mask if you must be around others in your home.
- **Take precautions until day 10.** If you do not develop symptoms, you can stop isolating after 5 days. If you **do** have symptoms but you are getting better, you can also end isolation after 5 full days if you haven't had a fever for 24 hours without using fever-reducing medicine, such as acetaminophen (example: Tylenol) or ibuprofen (example: Motrin).
 - For an additional 5 days, wear a mask around others, and avoid being around people who are at [high risk](#).
 - If you still have a fever OR if your illness is not improving, continue to isolate for the full 10 days and wear a mask. If you are immunocompromised or severely ill, you may need to isolate for up to 20 days.
- If you have a school-aged child that is attending classes in person and was exposed in a school setting, please refer to the [MI Safer Schools Guidance for Managing COVID-19 Exposures in K-12 School Settings](#)

2) Seek Medical Care

- **Seek urgent medical care if you have severe symptoms.** Also, seek medical care if you are at [high-risk](#) of becoming seriously ill or start to develop [severe illness](#). If you have a doctor, tell them about your positive result. Based on your health, they may recommend treatment that can prevent severe illness. Visit www.michigan.gov/COVIDTherapy.

3) Notify contacts

- **Let Others Know They May Have Been Exposed**

When thinking of who you have been around, consider your home, work, school, worship, and recreation. Beginning two days before you became sick (or positive test if no symptoms), contact everyone you were around (within six feet) for 15+ minutes in a 24-hour period to let them know about your positive results. These individuals are personal/household contacts and considered exposed. They should take the steps below to protect others. For suggestions on notifying contacts, see the CDC guidance: [How To Talk To Your Personal/Household Contacts](#). You can also use the site <https://tellyourcontacts.org>, which allows you to notify contacts anonymously.

If you think you were exposed, or feel you exposed others at a school, camp, healthcare facility, long-term care or correctional facility, please notify that entity. Call 2-1-1 if you have further questions.

	Who is Impacted	Public Health Recommendations
<h2 style="margin: 0;">Isolation</h2> <p style="margin: 0;">Has COVID-19</p>	<p>Any individual who tests positive for COVID-19 and/or displays COVID-19 symptoms (without an alternate diagnosis or negative COVID-19 test) regardless of vaccination status.</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  Isolate at home for 5 days; and  If symptoms have improved or no symptoms developed, may leave isolation after day 5 and wear a well-fitted mask, for 5 more days (ending after day 10).* <i>If positive with no symptoms, monitor for symptoms for 10 days as well.</i> </div> <div style="width: 45%; text-align: right;">  </div> </div>
<div style="display: flex; flex-direction: column; align-items: center;">  <h2 style="margin: 0;">Quarantine</h2> <p style="margin: 0;">Exposed to COVID-19</p>  </div>	<p>Personal or household contact, regardless of vaccination status, exposed to someone with COVID-19 (see definition below).</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  Monitor symptoms for 10 days.  Test 3-7 days after exposure or if symptoms develop. </div> <div style="width: 45%;">  Wear a mask around others for 10 days after exposure.**  Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.*** </div> </div>
	<p>Other exposure (from community, social, work setting).</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  Monitor symptoms for 10 days.  Consider wearing a mask around others for 10 days after exposure; at a minimum, mask in settings with higher risk of exposing vulnerable individuals.*** </div> <div style="width: 45%;">  Test if symptoms develop. </div> </div>

* If a mask cannot be worn, recommend 10 days of home isolation.
 ** If a mask cannot be worn, individual should home quarantine for 10 days. A Test to Stay protocol may also be developed in partnership between school and local health department.
 *** Activities with immunocompromised or other high-risk individuals, social/recreational activities in congregate settings.
Personal/household contacts include individuals who share living spaces, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual. This would include exposure in childcare settings for those under 2 years of age.



Negative Results

A negative self-test result means that the test did not detect the virus and you are likely not infected at the time you conducted the test. If you tested while you had symptoms and followed instructions carefully, a negative result means your current illness is *probably* not COVID-19. We still recommend that individuals with symptoms should stay at home and avoid contact with others (see the graphic above if you have been exposed to COVID-19).

Error, Canceled or Invalid Result

You may try a different at-home test or go to a testing site, which can be located on the [MDHHS COVID-19 Testing Website](#). If you are ill, wear a mask and avoid other people except to get testing or medical care.

For More Information

In general, if you are ill or have been exposed to COVID-19, take precautions to protect others. There is specific [guidance for students, faculty, and staff exposed to COVID-19 in school settings](#).

If you have questions about test results, the need to quarantine or isolate, or how to notify contacts call MI COVID HELP (866-806-3447). More information is available at www.michigan.gov/containcovid. If you have concerns or questions about your personal health, contact your doctor, healthcare provider, or an urgent care facility.