

COVID-19 Self-Testing Fast Facts

COVID-19 self-tests, also referred to as home tests or over-the-counter (OTC) tests, are one of many risk reduction measures, along with vaccination, masking, and physical distancing, that protect you and others by reducing the chances of spreading SARS-CoV-2, the virus that causes COVID-19.



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

You can use self-tests, regardless of vaccination status, whether or not you have symptoms, or if you have had a known or unknown exposure.



Follow all of the manufacturer's instructions for performing the test.



Consider using a self-test immediately before indoor gatherings, if you develop symptoms, or if you feel you were exposed to someone with COVID-19 (testing 3-7 days after exposure is best).

A positive self-test result means that the test detected the virus, and you are very likely infected.

You do not need to get a PCR test to confirm this result, unless advised by your health care provider or public health personnel.

You should:

- 1. NOTIFY** others you have been around. Quarantine instructions for people who have been exposed: [Michigan.gov/ContainCOVID](https://www.michigan.gov/ContainCOVID)
- 2. ISOLATE** at home for a minimum of 5 days

If no symptoms or you are feeling better after 5 days, you can stop isolating, but must wear a well-fitting mask around others for an additional 5 days.

If you still have symptoms on day 5, continue to isolate for a total of 10 days. Isolate at home for 10 days if unwilling/unable to wear a mask.

 **Stay Home!**



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 rule out infection. Repeating the test within a few days, with at least 24 hours between tests, will increase the likelihood of an accurate result. Follow quarantine instructions for people who have been exposed: [Michigan.gov/ContainCOVID](https://www.michigan.gov/ContainCOVID).

 24 hrs

 **2-1-1**

Call 2-1-1 if you have questions about interpreting test results, isolation guidance or notifying your contacts.