USING YOUR iHEALTH COVID-19 TEST KIT

By getting tested, you can help prevent the spread of COVID-19 and protect people around you.

When should I test for COVID-19?

Avoid contact with others and get tested if you:

**Have symptoms** of COVID-19, even if your illness is mild.

Get tested as soon as you can if you have symptoms of COVID-19.

**Have been exposed** to someone who has COVID-19.

It is best to get tested about five days after you last had contact with the person who tested positive.

Find full guidance at [cdc.gov/covid19](https://www.cdc.gov/covid19)

**Symptoms of COVID-19 can include:**

- Fever or chills
- Cough
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**QUESTIONS?** Call Kitsap Public Health District at **360-728-2219** and leave a message. **Para español:** **360-728-2218.**
Your test result is positive

A positive result means the test detected the virus that causes COVID-19. Take steps to care for yourself and avoid getting others sick.

- Trust the result: You do not need to seek a follow-up test to confirm your result unless recommended by your healthcare provider.
- Report your positive result to the state Department of Health by calling 1-800-525-0127.

Isolate yourself for at least five full days

- Stay home and avoid contact with others for at least five days from the date your symptoms began. Do not end isolation until you have been fever-free for at least 24 hours and you are feeling better.
- If you do not have symptoms, isolate for at least five days after the date you were tested.
- Wear a mask for an additional five days any time you are around people outside of your household.
- Notify people you have been in close contact with, starting two days before your symptoms began (or the day you were tested if you do not have symptoms).

Rest and get help if needed

- Rest and stay hydrated. Use over-the-counter medicines to help you feel better.
- Contact your healthcare provider if you are concerned about your symptoms or are at high risk for severe illness.
- Get medical help right away if your symptoms become severe.

Your test result is negative

A negative result means the test did not detect the virus that causes COVID-19. However, it is possible you tested too early for the test to detect the virus, and you could still test positive later.

- Consider taking another test within a few days to confirm the negative result. Wait at least two days between tests.

Do you have symptoms of COVID-19?

- If you have symptoms, isolate (stay home and avoid contact with from others) for at least five days to prevent getting others sick. Wear a mask around others for an additional five days.
- If you do not have symptoms but were exposed to someone with COVID-19, wear a mask around others for at least 10 days after your most recent exposure.

Need help staying home?

Kitsap Public Health District’s COVID-19 case management program can connect residents with resources to help them during their quarantine or isolation periods.

To request assistance, call 360-728-2219 and leave a message. For Spanish, call 360-728-2218.

Find full guidance at cdc.gov/covid19

More ways to get tested

Order self-test kits

- Kits are available at some pharmacies and retailers. Insurance companies must cover the cost of test kits.

Kits can also be ordered from the government at no cost:

- Federal program: covidtests.gov or 800-232-0233
- State program: sayyescovidhometest.org or 800-525-0127

Visit a testing site

- COVID-19 testing is available at some pharmacies, clinics, and testing sites.
- To find testing locations in Kitsap County, go to kcwua.us/gettested or call Kitsap Public Health District at 360-728-2219 (360-278-2218 for Spanish) and leave a message.