



WHAT TO KNOW ABOUT COVID-19 TESTING



By getting tested, you can help prevent the spread of COVID-19 and protect people around you. Learn more about when to get tested, what test to use, and steps to take after you get test results.

Should I get tested 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.



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

Learn more about symptoms at [cdc.gov/covid19](https://www.cdc.gov/covid19)

Testing can be required or recommended for certain activities, such as medical procedures, work, school, sports, travel, and events.

What test should I get?

Two types of tests are available to check if you are infected with the virus that causes COVID-19:

Antigen tests (rapid, at-home, self-tests)

- Antigen tests can be self-administered almost anywhere and provide quick results.
- **Results available as quickly as 15 minutes.**
- **Rapid antigen tests are suitable for most situations.**
- See the reverse side of this fact sheet for tips on using antigen tests and interpreting results.

Molecular tests (PCR, RT-PCR, NAAT)

- Molecular (PCR) tests are very sensitive, but results typically need to be processed by a laboratory.
- **Results typically take 24-72 hours.**
- **Do not use a molecular (PCR) test** if you are testing to return to work or school. These tests can show positive results even after you are no longer contagious. Use an antigen test instead.



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](https://www.covidtests.gov) or **800-232-0233**
- State program: [sayescovidhometest.org](https://www.sayescovidhometest.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 [kcowa.us/gettested](https://www.kcowa.us/gettested) or call Kitsap Public Health District at **360-728-2219** (360-278-2218 for Spanish) and leave a message.

See other side for more information >>

Tips for using self-test (at-home) kits

You can use a self-test kit to test yourself for COVID-19 and get quick results.



If you are not using the test kit right away, **check the packaging for storage instructions.**

Before opening the kit, **wash your hands with soap and water.** Clean the surface where you will use the test.

Carefully **follow instructions included in the kit.** Instructions will vary depending on what brand of test you use.

Do not reuse any of the supplies included in the test kit.

Find more information and explainer videos at kcowa.us/gettested

What to do if...

+ Your test result is positive

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

If you used a self-test kit:

- **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.

If you used a self-test kit:

- **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 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