

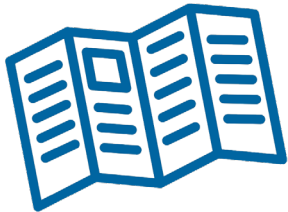
# USING YOUR iHEALTH COVID-19 TEST KIT



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



Before opening the box, **wash your hands** and clean the area where you will take the test.



Carefully follow instructions included in the test kit box.



To watch a step-by-step video guide for using your test kit, go to:

[kcowa.us/ihealth](https://kcowa.us/ihealth)

Or use the camera on your smartphone to scan this QR code >>



## 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://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.**

See other side for more information >>

# 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 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 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](https://www.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](https://www.covidtests.gov) or **800-232-0233**
- State program: [sayyescovidhometest.org](https://www.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 **[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.