Testing Yourself for COVID-19

Using a self-test kit is a fast and easy way to find out if you have COVID-19. Testing yourself may not be as accurate as a test by a trained professional. But using a self-test is an option if you cannot get to a testing site. Be sure to follow the test kit directions exactly.

When to use your COVID-19 self-test

Test yourself before gathering indoors with others, especially with anyone who is unvaccinated, immunocompromised, or at risk of severe illness.

Test yourself if you have symptoms of COVID-19 and can't get to a testing site. Stay home and away from others if you're sick.

What to do after testing yourself for COVID-19

To submit your self-test result to the Rhode Island Department of Health, visit portal.ri.gov/s/selftest.

If your self-test result is positive, it means that the test detected the virus, and it is very likely that you have COVID-19. Stay home (isolate) for at least 5 days. Someone with COVID-19 needs to isolate even if they don't have symptoms. For more information about isolation, visit **covid.ri.gov/whattodo**.

There are effective treatments for COVID-19 infection. A healthcare provider can treat you for COVID-19 based on a self-test result. They may want to test you again to make sure your self-test result is accurate. For more information about treatment, visit **covid.ri.gov/treatment**.

Call 911 or get yourself to the nearest hospital if you think you are having a medical emergency. This can include trouble breathing, persistent pain or pressure in the chest, new confusion, the inability to wake or stay awake, or bluish lips or face.

If your self-test result is negative, it means that the test did not detect the virus.

- If you took the test while you had symptoms and followed all instructions carefully, a negative result means your current illness is probably not COVID-19.

- It is possible for someone who has COVID-19 to get a negative result on a self-test. This is called a false negative. You may also test negative if the specimen was collected too early in your infection period.

If you think your self-test result may be incorrect, you should test yourself again within a few days, with at least 24 hours between tests. You can also get another test at a State-run test site, local pharmacy, respiratory clinic, or by a healthcare provider.

For more information about how to get tested for COVID-19, visit **covid.ri.gov/testing**.

| covid.ri.gov

RHODE ISLAND DEPARTMENT OF HEALTH

RHODE ISLAND