

# At-Home COVID Testing

*If you are concerned about your symptoms, please contact your Primary Care Provider.*

**COVID-19  
POSITIVE**

If you **test positive** and can manage at home, stay home (self-isolate) for 10 days after you have tested positive (even if you do not feel ill).

Please refer to CDC guidelines at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>  
for more information as to how to protect your family while at home.

If you or a family member tested positive and/or feel poorly, look for **Emergency Warning Signs**.

## EMERGENCY WARNING SIGNS

1. Trouble breathing, pain or pressure in the chest
2. New confusion
3. Inability to wake or stay awake
4. Pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone)

If someone is showing any of these signs, seek **Emergency Care** right away.

**This list is not all possible symptoms.  
Please call your medical provider for any other symptoms  
that are severe or concerning to you.**

If your test is negative for the 1st and/or 2nd test, feeling poorly, and want to see a doctor; contact your health care provider for an appointment.

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## Exposed?

If you were ever exposed to someone with COVID-19 and **HAVE NOT been vaccinated**, you must quarantine (stay home and wear a mask when around others) for 14 days even if you do not feel ill.

If you were exposed to someone with COVID-19, **HAVE been vaccinated**, and you do not feel ill you may go out of your home (NO Quarantine needed) but you should wear a mask when around others.

