At-Home COVID Testing

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

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.

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.