# Taking a COVID-19 Test at Home

I can take a COVID-19 test at home. It is very important to read all of the directions before I start to take the test. Each at-home test has special directions. The directions might be different from another test that I have taken in the past. If I need help, I can ask a trusted person, or call a doctor, nurse, pharmacist, or my local health department.

It is important to wash my hands before and after I take a COVID-19 test at home. It is ok to be nervous about taking a COVID-19 home test. I will need to put a nasal swab in my nose when I take the test. I can do this myself, or have a trusted person help me. This should not hurt, but it might feel strange or tickle my nose.
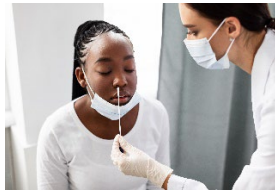
The directions will tell me how long to wait until I can find out the results of the test. For some tests, I will need to wait 15-20 minutes before the results are ready. It can be hard to read the positive or negative lines. Some tests will have lines that are different colors. The directions will tell me what the lines mean. I should ask for help if I am having trouble seeing or understanding the test results.
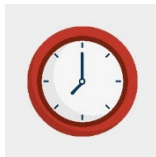
A positive result means I have COVID-19. If I have a positive result, I should stay at home for 5 days and try to stay away from people, so I do not spread the virus to others. I should stay at home until I stop testing positive for COVID-19.

A negative result means the test did not find COVID-19. If I have a negative result but still feel sick, I should stay home until I feel better. I can always talk to a trusted person or call a doctor, nurse, or the health department if I have any questions. If I have a negative result and feel good, then I can continue to do all of my normal activities.

If I test positive or I am unsure about my test results, it is good to go to a testing site, such as a pharmacy or clinic, and take a PCR COVID-19 test there.

For more information visit: www.go.iu.edu/4pJY