

# AT-HOME COVID-19 TESTING

Testing at home helps to prevent the spread of COVID-19.

## Step 1: Get the materials

- Each COVID-19 Antigen Rapid box includes one (1) test with instructions

## Step 2: Test yourself or a family member

- When symptoms are present.
- When you had a known exposure to someone with COVID-19 whether symptoms are present or not.
- Test twice weekly. We encourage testing prior to gatherings or travel, and to test again on the day of return and 3-5 days later

## Step 3: Understand your test results

### If the test is *positive*:

Stay home from work or school and contact your doctor right away. There are new treatments that you may be eligible to receive. Stay home and isolate for at least 5 days and continue wearing a mask when around people for 10 days. Isolation can end if symptoms are resolving with a negative test result starting on day 5. If unable to test or choosing not to test, and have no symptoms or are resolving, isolation can end after day 10.

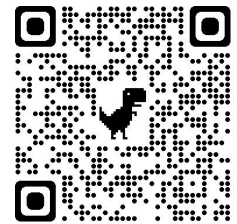
### If the test results are not clear:

Repeat the test or visit [www.VCRecovers.org](http://www.VCRecovers.org) online to find a local testing site to retest. Make sure you have a photo of your test result.

Scan the QR codes



Look up  
COVID-19 symptoms



Register and Inform  
test results



CA NOTIFY

Updated by  
VEI CD 5-10-10

Stay informed about COVID-19 in the County of Ventura at [www.vcrecovers.org](http://www.vcrecovers.org)



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