Alaska Section of Epidemiology (SOE) At-Home COVID-19 Testing Information (updated 08/11/2022)

- At-home collection kits and tests are currently available over the counter (OTC). OTC tests do not require a prescription and are available in a pharmacy or retail store. Your provider may also provide you a kit through a prescription. OTC kits are antigen tests and not PCR tests.
- Instructions provided in the test kit box should be followed precisely.

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- Most OTC test kits come in a pack that contains two test cards.
 - If the first test is negative, you should retest 24–72 hours after your first test, depending on test manufacturer.
 - If either one of the test results is positive, you are considered positive for SARS-CoV-2 infection.
 - If the first test is positive you do not need to do the 2nd test, as a subsequent negative test does not overrule the first positive test.
- o If you test positive, self-isolate for at least 5 days. People exposed to COVID-19 are no longer recommended to guarantine, regardless of vaccination status.
 - For guidance on what to do once you test positive: <u>https://www.cdc.gov/coronavirus/2019-</u> ncov/if-you-are-sick/steps-when-sick.html
 - If you have questions about how to isolate, you can call 907-531-3329.
 - If you test positive, you may be eligible for new treatment options.
 - More information on treatment: COVIDRx.Alaska.gov
- Two negative test results should be interpreted with caution in people with symptoms.
 - Consider getting a more sensitive test, such as a PCR or TMA test, especially if you have classic COVID symptoms or if you were a close contact to a confirmed COVID case within the past 14 days.
- Share your positive test results with your health care provider to learn about possible treatment options or any other appropriate medical follow-up you might need.
- People who test positive from OTC tests do not need to report results to SOE.
 - If the test kits were provided to you or self-testing was requested by a school, workplace, event, or other group or organization, the associated entity might ask you to share your results with them. If so, contact tracing might also be initiated by your school, workplace, or organization.
- An antigen test may be used toward the end of the 5-day isolation period if symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication. If the test is positive, continue to isolate until day 10. If the test is negative, you may end isolation but continue to wear a well-fitted mask around others at home and in public until day 10.
- Consider using an OTC self-test before joining indoor gatherings with others who are not in your household.
- More information about at-home testing is available at: https://www.cdc.gov/coronavirus/2019ncov/testing/self-testing.html

Using Antigen Tests for SARS-CoV-2 in Community Settings

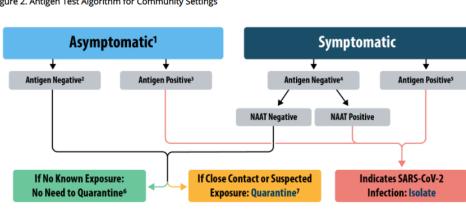


Figure 2. Antigen Test Algorithm for Community Settings