

## 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.
  - 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 2<sup>nd</sup> test, as a subsequent negative test does not overrule the first positive test.
  - If you test positive, self-isolate for at [least 5 days](#). People exposed to COVID-19 are no longer recommended to quarantine, regardless of vaccination status.
    - For guidance on what to do once you test positive: <https://www.cdc.gov/coronavirus/2019-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](https://www.alaska.gov/COVIDRx)
  - 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/2019-ncov/testing/self-testing.html>

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

Figure 2. Antigen Test Algorithm for Community Settings

