# COVID-19 Self-Testing Fast Facts

COVID-19 self-tests, also referred to as home tests or over-the-counter (OTC) tests, are one of many risk reduction measures, along with vaccination, masking, and physical distancing, that protect you and others by reducing the chances of spreading SARS-CoV-2, the virus that causes COVID-19.
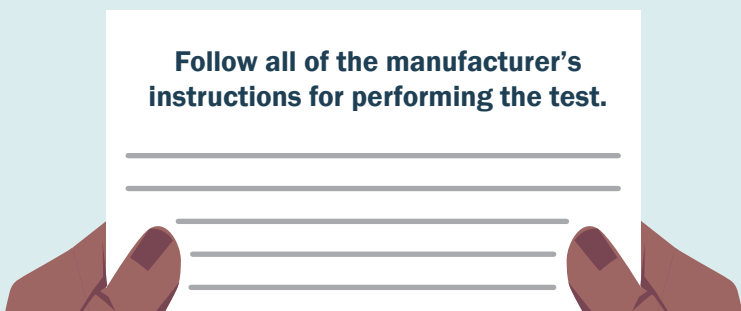
COVID-19
Self-test kit

Self-tests can be taken at home or anywhere, are easy to use, and produce rapid results.

You can use self-tests, regardless of vaccination status, whether or not you have symptoms, or if you have had a known or unknown exposure.
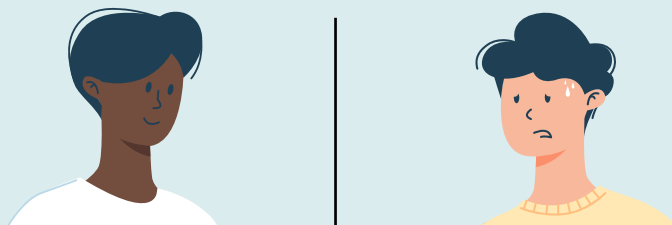
Follow all of the manufacturer's instructions for performing the test.

Consider using a self-test immediately before indoor gatherings, if you develop symptoms, or if you feel you were exposed to someone with COVID-19 (testing 3-7 days after exposure is best).

Stay Home!

A positive self-test result means that the test detected the virus, and you are very likely infected.

You do not need to get a PCR test to confirm this result, unless advised by your health care provider or public health personnel.

You should:

1. **NOTIFY** your close contacts* and ask them to **QUARANTINE** (see bit.ly/MiContainCOVID)
2. **ISOLATE** at home for a minimum of 5 days

If no symptoms or you are feeling better after 5 days, you can stop isolating, but must wear a well-fitting mask around others for an additional 5 days.

Testing again at day 5 is recommended. If testing is positive, or you still have symptoms on day 5, continue to isolate for a total of 10 days.

24 hrs

A negative self-test result means that the test did not detect the virus and you may not have an infection, but it does not rule out infection. Repeating the test within a few days, with at least 24 hours between tests, will increase the likelihood of an accurate result. You may still need to QUARANTINE if you have been exposed to someone with COVID-19 (see bit.ly/MiContainCOVID for more information).

2-1-1

Call 2-1-1 if you have questions about interpreting test results, isolation guidance or notifying your contacts.

*Close contacts: People who were within 6 feet or less for at least 15 minutes in a 24-hour period.

For more information about COVID-19 self-tests, visit Michigan.gov/Coronavirus. For more at-home testing information and steps close contacts should take to protect others, visit bit.ly/AtHomeTesting.