COVID-19 SELF-TESTS

COVID-19 Self-Tests, also called "home tests" or "over the counter tests", give you results in a few minutes. Self-Tests do not require a prescription and are available in pharmacies, retail stores, and online. Anyone can use a Self-Test, including children.

*Please follow the step-by-step instructions and product precautions included with your self-test kit.

When to use Self-Tests

If you have had COVID-19 in the past 90 days, you do not need to be tested unless you develop new symptoms. If you do have new symptoms, consult a healthcare provider for testing recommendations.

If you have symptoms of COVID-19:
- Isolate and get tested immediately if possible.

If you have been exposed to someone with COVID-19:
- Take your test at least 5 days after exposure.
- If you are **NOT** up to date on COVID-19 vaccinations, quarantine at home for 5 days and follow Isolation and Quarantine Guidance.
- If you are up to date on COVID-19 vaccinations you will not need to quarantine following an exposure but you should take a test.

If you don't have symptoms and have not been exposed to someone with COVID-19, use a self-test:
- Consider testing before attending an indoor event or gathering. Test immediately before the gathering, or as close to the time of the event as possible.
- This is especially important when gathering with older adults, those who are immunocompromised, or individuals at risk for severe disease, and those are not up to date on their COVID-19 vaccines including children who cannot get vaccinated yet.

If you test negative for COVID-19:
- If your self-test is negative, there is still a chance you could be infected, especially if you have symptoms or have been exposed to someone with COVID-19. Consider repeating the self-test 1 – 2 days later or seek PCR testing. Multiple tests increase the confidence that you are not infected with the virus that causes COVID-19.

If you test positive for COVID-19:
- Self-isolate away from others for 5 days. See Isolation and Quarantine Guidance.
- Wear a mask when you need to be around people for 10 days.
- Inform those who need to know including your employer/school and any close contacts. See Identifying and Talking to Your Close Contacts.
- Monitor your symptoms and contact your healthcare provider as necessary. For medical emergencies—trouble breathing, chest pain or other emergency symptoms—call 911.
- Positive self-test results do **NOT** need to be reported to Hawai`i Department of Health.

Additional Resources
- Visit HawaiiCovid19.com for additional guidance.
- AlohaSafe Alert – an app that notifies you if someone you've spent time with reports having COVID-19.
- TellYourContacts.org – an anonymous way to notify your close contacts of exposure.
- COVID.gov/tests – Every home in the U.S. is eligible to order 2 sets of 4 free self-test kits.
- You can reach the Hawai`i State Department of Health at (808) 586-8332 if you have additional questions.