WHEN TO USE A COVID-19 SELF-TEST KIT

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

IF YOU HAVE HAD COVID-19 IN THE PAST 90 DAYS, YOU DO NOT NEED TO BE TESTED UNLESS YOU HAVE NEW SYMPTOMS.

IF YOU HAVE SYMPTOMS OF COVID-19, ISOLATE AWAY FROM OTHERS AND GET TESTED AS SOON AS POSSIBLE, REGARDLESS OF VACCINATION STATUS.

IF YOU HAVE BEEN IN CONTACT WITH SOMEONE WITH COVID-19, TEST AT LEAST 5 FULL DAYS AFTER EXPOSURE.
- Wear a well-fitted mask for 10 full days when around others inside your home and indoors in public.
- Watch for symptoms. Test if you develop symptoms and follow Guidance for Cases and Contacts (scan QR code below).

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. Test before spending time with kupuna or those who are at a higher risk for getting very sick.

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19:

SELF-ISOLATE AWAY FROM OTHERS FOR 5 DAYS.
- See Guidance for Cases and Contacts (scan QR code below).

WEAR A WELL-FITTED MASK FOR 10 FULL DAYS WHEN AROUND OTHERS INSIDE YOUR HOME AND INDOORS IN PUBLIC.

MONITOR YOUR SYMPTOMS AND CONTACT YOUR HEALTHCARE PROVIDER IF 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.

WHAT TO DO IF YOU TEST NEGATIVE FOR COVID-19:

THERE IS STILL A CHANCE YOU COULD HAVE COVID-19, ESPECIALLY IF YOU HAVE SYMPTOMS OR HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19.

CONSIDER REPEAT TESTING 24 TO 48 HOURS LATER OR SEEK PCR TESTING. TAKING MORE THAN 1 TEST CAN HELP YOU BE SURE THAT YOU DO NOT HAVE COVID-19.

ADDITIONAL RESOURCES

- Visit HawaiiCOVID19.com for additional guidance.
- You can reach the Hawai‘i State Department of Health at (808) 586-8332 if you have additional questions.