Self-Testing for COVID-19

Testing is critically important to help reduce the spread of COVID-19. <u>If you have symptoms or have had a known exposure to someone with suspected or confirmed COVID-19, you should be tested regardless of your vaccination status.</u> If you are symptomatic or have had a known exposure, it is preferable that you obtain a PCR nasal swab test ("send-out" test) from your healthcare provider or CBJ's drive-through testing center (907-586-6000) instead of a self-test, if possible. Alternatively, use this test.

Using a COVID-19 self-test:

Instructions provided in the test kit box should be followed precisely.
- Most test kits come in a pack that contains two test cards.
  - If the first test is negative, you should use the second test 36 hours later.
  - If either one of the test results is positive, you are considered positive for COVID-19 infection and do not need to re-test.
  - If the first test is positive you do not need to do the 2nd test. A subsequent negative test does not overrule the first positive test.
  - If both tests are negative but you have continuing or worsening symptoms that are consistent with COVID you should get a PCR test through the drive-through testing center or your healthcare provider.

If you test positive:
- Please isolate yourself from others for 10 days (regardless of vaccination status or lack of symptoms). This means you should stay in a specific room away from other people and pets. If possible, you should use a separate bathroom. Don't share personal household items, like cups, towels, and utensils. You should not go to work, school, church, or gatherings.
- Please notify your close contacts that they should quarantine. A close contact is anyone you've been within six feet of for 15 or more cumulative minutes over a 24 hour period.
  - *Fully vaccinated contacts:*
    - Do not need to quarantine unless they become symptomatic
    - Should get a test 5-7 days after exposure regardless of lack of symptoms
    - Should wear a mask around others for 14 days or until their test is negative
    - Should test immediately if symptoms develop
  - *Partially or unvaccinated contacts:*
    - Need to quarantine for one of the below options:
      - 10 days from last exposure (no test required unless they have symptoms), or
      - Quarantine for 7 days, *if* they get a test on Day 5-7 *and* that test is negative
    - Should test immediately if symptoms develop
- Share your positive test results with your healthcare provider to learn about possible treatment options or any other appropriate medical follow-up you might need.
- Monitor yourself for symptoms. If your symptoms become worrisome, contact your healthcare provider. If you experience any emergency symptoms such as difficulty breathing, chest pain, or confusion, call 911.
- Currently, people who test positive on self-tests do not need to report their results to the Alaska Division of Public Health (DPH). DPH is not currently performing contact tracing on self-test results.
- If the test kits were provided to you 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 be initiated by your school, workplace, or organization.

If you have questions about how to isolate or how to notify your contacts, you can call the Juneau Public Health Center at 907-465-3353.