

## Self-Testing for COVID-19

Testing is critically important to help reduce the spread of COVID-19. 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.

### 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 - 72 hours later.
  - If either one of the test results is positive, you are considered positive for COVID-19 infection.
  - 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 or have symptoms regardless of vaccination status:

- Please follow the CDC updated quarantine and isolation guidance found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- 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.