

A Guide to Home Tests for COVID-19

At-home COVID-19 tests are rapid antigen tests you can do by yourself (not in a medical provider’s office). They can be purchased online or over-the-counter at stores.

Home tests are convenient for detecting infections, but they’re not perfect.

- When using a home test, you should use an FDA-approved home test. FDA-approved home tests are generally good at detecting active infections when someone has COVID-19 symptoms but are not as reliable at detecting infection in people without symptoms. Learn about FDA-approved tests: <https://bit.ly/COVID-Home-Test>
- Home test results are often not accepted by schools, workplaces and businesses as proof you are not infected. See graphic below for more information.

When Can I Use an At-Home Test Result as Proof I Don’t Have COVID?

SITUATION OR SETTING	I'M DOING THE TEST BY MYSELF	I'M GOING TO BE WATCHED IN PERSON OR THROUGH LIVE VIDEO WHILE I DO THE TEST
Work	✗	✓
Travel	✗	✗
To enter businesses or events requiring vaccination or testing verification	✗	✗
To shorten quarantine to return to work or school	✗	✓
School, school sports & extracurricular activities	✗	✓
For modified quarantine at a K-12 school	✗	✓

After Using an At-Home Test

- If you **have symptoms and test positive**, you should stay home from work or school for 10 days. View isolation instructions: <https://bit.ly/covid19-patients>
- If you **have symptoms and test negative**, you should get a PCR test from a healthcare provider, pharmacy or lab to confirm you don’t have COVID before returning to work or school. Find a PCR test: www.coronavirus.cchealth.org/get-tested.

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