

### When to use At-Home COVID-19 Test Kit:

If you are symptomatic, use immediately

OR

If you have been identified as a close contact by Public Health or your unit leadership AND asymptomatic, use on day 5 and 6 (earlier if symptoms develop)

### What to do with your results:

If you receive a **POSITIVE** result:

- Isolate yourself immediately. Inform your unit leadership and Public Health @ DSN 226-6116
  - o See latest MAB COVID-19 Directives for isolation procedure (<https://www.misawa.af.mil/COVID-19-Information/>)

If you receive a **NEGATIVE** result:

- If you are experiencing signs and symptoms continue to self-isolate and repeat test in 1-2 days.
- If you are identified as a close contact: inform your unit/organization leadership about your test result.
  - o Continue increase precautionary measures for 10 days after contact with COVID positive member (mask, do not use public transportation, avoid indoor crowded area)

Further details of the instructions are listed in the MAB COVID-19 Directives.

### Numbers to know:

- Public Health: DSN 226-6116 (0176-77-6116)
  - o Call to inform of a positive, inquire about quarantine rules
  - o Call for afterhours emergency testing coordination
- Nurse Advice line: 1-800-874-2273 (option 1)
  - o Call if you have concerns about your symptoms
- Urgent Care Services: DSN 226-6647 (0176-77-6647)

### Additional Information:

- Rules on isolation, quarantine, and ROM can be found at
  - o <https://www.misawa.af.mil/COVID-19-Information/>
- Home test distributed by the MDG are not intended for use for travel related testing requirements.
- If you test positive, you can assist contact tracing efforts by notifying your close contacts immediately

### What to do if you need medications:

- **POSITIVE** test results: remain in isolation; send someone on your behalf to pharmacy to complete the Cold and Cough form to obtain medications to treat the symptoms. Make sure you tell the person what symptoms you are having.
- **NEGATIVE** test results: Proceed to the pharmacy window and complete the Cold and Cough form, to receive medication to treat your symptoms.

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