

# COVID-19 Self Test Instructions

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

If you are symptomatic: Use immediately

After you have been identified as a close contact by Public Health or your unit leadership: Use on day 3 and 5

## 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

If you receive a **NEGATIVE** result:

- If you are experiencing signs and symptoms of COVID continue to self-isolate and repeat test in 1-2 days.
- If you are identified as a close contact: inform your unit/organization leadership when you have completed your required day 5 test.
  - o If you are in quarantine: Remain in quarantine until you are released by your unit/organization leadership.
  - o If you did not require quarantine: Continue increased precautionary measures for 10 days after your close contact (masks, etc.)

## Numbers to know:

- Public Health: DSN 226-6116(0176-77-6116)
  - o Call to inform of a positive, inquire about quarantine rules
- Wing COVID Cell: DSN 226-2082 (0176-77-2082)
  - o Call to inquire about quarantine status
- MDG COVID team: DSN 226-6555 (0176-77-6555)
  - o Call for questions about MDG testing hours and results
- 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 <https://www.misawa.af.mil/COVID-19-information/>
- Home test kits distributed by the MDG **cannot** be used for travel related testing requirements.
- If you test positive, you can assist contact tracing efforts by notifying your close contacts immediately.

Please follow test kit instructions carefully to avoid inaccurate results.