

COVID-19 At-home Testing

COVID-19 at-home testing allows you to perform COVID-19 testing yourself and get results in minutes.

Tips for Performing an At-home Test

- Read the instructions carefully and watch any instructional videos **before** performing the test.
- Before and after testing, wash your hands and disinfect the surface where you are performing the test.
- Read the result within the amount of time written in the test kit instructions. A result read before or after the written timeframe may be incorrect.
- Do not reuse test kits or components. Do not use test components that are damaged or discolored.

Interpreting Test Results

- At-home tests are less likely to detect COVID-19 if you have recently been infected or do not have symptoms. This can lead to a negative test result, even if you have COVID-19.
- If your test result is **positive**:
 - You most likely have COVID-19. No additional testing is needed.
 - Stay home (isolate) for **at least five full days** (Day 1 is the day **after** symptoms begin or, if no symptoms, the day **after** your COVID-19 test). Follow the Centers for Disease Control and Prevention’s guidance (available at bit.ly/cdc-covid-isolation) about when you can leave isolation. Wear a face mask around others and take other precautions for 10 days. Inform close contacts so they can get tested. Contact your health care provider or call 212-COVID19 (212-268-4319) for treatment options.
- If your test result is **negative** and you:
 - **Have COVID-19 symptoms**, continue to isolate and test again in 48 hours
 - **Do not have COVID-19 symptoms but think you have been exposed to COVID-19**, test again in 48 hours. If your second test is negative, test again in 48 hours (for a total of three tests).
- When performing multiple tests, you do not need to use the same test kit brand.
- If any of your follow-up tests are positive, you likely have COVID-19 and should isolate. If you continue to test negative but think you may have COVID-19, contact your provider or get a molecular (PCR) test.

Additional Resources

- For information on protecting yourself and others if you have COVID-19, visit nyc.gov/health/coronavirus and click **When You Are Sick**.
- For information on COVID-19 treatment, visit nyc.gov/health/covidtreatments. Treatment works best the sooner you start, so contact your provider right away if you test positive.
- For information on sick leave if you or your child has COVID-19, visit paidfamilyleave.ny.gov/covid19.
- To find a COVID-19 testing site, some of which are no-cost, visit nyc.gov/covidtest. For places to get free at-home test kits, visit nyc.gov/coronavirus and click **Get Tested**.
- For more information on COVID-19 testing, including links to videos on performing at-home tests, visit nyc.gov/health/testingtips or scan the QR code.

