

# When to use AT-HOME COVID-19 TESTS



<b>If you feel sick:</b>	Test! Test again 1-2 days later if first test is negative*.
--------------------------	---

## Even if you DON'T feel sick, test in the following situations:

<b>After you were exposed:</b>	Test when you find out AND 3-5 days after your last exposure.*
<b>Travel:</b>	You may have been exposed if you used public transit or were in a crowded place without a mask. Test 3-5 days after return.**
<b>Large gatherings:</b>	Test just before large indoor gatherings or visiting people at higher risk for severe illness (elderly individuals or people with weakened immunity).***

Employers should follow [Cal/OSHA COVID-19 Non-Emergency Regulations](#)

\*CDPH Isolation and Quarantine \*\*CDC Travel Guidance \*\*\*CDPH Updated Testing Guidance

## Need more tests?

- Take your MediCal or Medicare card to the prescription drop-off counter at a pharmacy for 8 free tests **OR**
- Check with your insurance plan for 8 free (or reimbursed) at-home tests a month.
- Order 4 free COVID-19 tests per household from the US Post Office at: <https://special.usps.com/testkits>

**Expiration Update:** At-home tests can be used past the printed date if the control line develops appropriately. Details at <https://testing.covid19.ca.gov/>

## Positive Test?

- **STAY HOME**, let your school know, and follow their guidance!
- Ages 12 or older? Ask about FREE medications for COVID-19 that are safe and highly effective at preventing serious illness. Find treatment at <https://covid19.ca.gov/treatment>

## Negative Test but COVID-19 Symptoms?

- **Wear a mask.** Check with your school for further guidance.

Self-report at-home test results with the Primary.Health Pass App  
Download at the [Apple Store](#) or [Google Play Store](#)