

At-Home COVID-19 Testing

Testing at home helps prevent the spread of COVID-19.

Step 1: Get the test materials

- A COVID-19 rapid antigen test kit and instructions.

Step 2: Register your tests

Your kits must be registered.

Click on [THIS LINK](#) or scan the QR Code



<https://my.primary.health/l/caschools-2>

Step 3: Test yourself or a family member

- If you or your family member have any [COVID-19 symptoms](#) and/or have had a known exposure to someone with COVID-19.
- **Watch a video on how to test:** [How to do a Rapid Test](#), or search for “How to use a COVID-19 Antigen Rapid Test” on YouTube, or read the instructions provided with the tests.

Step 4: Understand your test results

If the test result is **positive**: Stay home from work or school and contact your healthcare provider right away. There are new treatments that you may be eligible to receive. [Isolate](#) at home for *at least* 5 days and wear a mask when around other people for 10 days.

If the test result is **negative**: You are not positive for COVID-19 at this time. If you have [COVID 19 symptoms](#) stay home and isolate and repeat the test again in 1-2 days. If the second test is negative, it’s unlikely that you have COVID-19. If your symptoms aren’t getting better, contact your doctor for further care instructions.

If the test results **are not clear**: Repeat the test or find a local testing site to retest. Make sure you have a photo of your test result.

Step 5: Report your test results

Primary.Health is a secure website that shares test results with your local health department.

- Report on the same website you used to register: <https://my.primary.health/l/caschools-2>
- No internet? Call your results in at **(650) 275-5419**.