

When to use AT-HOME COVID-19 TESTS



If you feel sick:	Test! Test again 1-2 days later if first test is negative*.
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Even if you DON'T feel sick, test in the following situations:

After you were exposed:	Test when you find out AND 3-5 days after your last exposure.*
Travel:	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.**
Large gatherings:	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](#)