

COVID-19 Self-Tests

A COVID-19 self-test (also called an at-home test or over-the-counter test) is a type of COVID-19 test that is easy to use and produces rapid results at home. You can use a self-test to help you make decisions that reduce your chances of spreading COVID-19. Depending on the type of self-test you use, it may be supervised by a telehealth care provider over a video call.

You can use a self-test regardless of vaccination status, symptoms, or exposure.



When should I consider using a self-test?

You may consider using a self-test if you have symptoms of COVID-19, were exposed to COVID-19, or plan to gather indoors with others outside of your household.



If you have symptoms and have access to a self-test, use it immediately.



If you were exposed to someone with COVID-19, use a self-test at least 5 full days after your last exposure.



If you are testing before a gathering, test immediately before the gathering or as close in time to the event as possible.

How can I get a self test?

- Buy a self-test over-the-counter at a pharmacy or retail store.
- Order a free test online from [SayYesCovidHomeTest.org](https://www.SayYesCovidHomeTest.org)

How do I use a self-test?

Follow the manufacturer's instructions exactly to collect your specimen and perform the test. If you do not collect your specimen or perform the test as directed, your results may not be accurate.



What do my self-test results mean?

+ I tested positive with a self-test. What should I do?

If you have symptoms, wear a well-fitting mask around others and isolate for at least 5 full days. You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms are improving. Continue to wear a well-fitting mask when around others in your home and in public for an additional 5 days after your isolation period.

If you test positive for COVID-19 and you do not have symptoms, wear a well-fitting mask around others and isolate for 5 full days. Continue to wear a mask around others at home and in public for an additional 5 days after your isolation period. If you develop symptoms after testing positive, your isolation period should start over.

— I tested negative with a self-test. What should I do?

If you tested negative with a COVID-19 self-test, have not been recently exposed, and do not have COVID-19 symptoms, you likely do not have COVID-19. You do not need to retest or isolate.

If you test negative after being exposed to COVID-19 and you do not have symptoms, test again 48 hours after the first negative test, then again 48 hours after the second negative test, for a total of three tests.

If you test negative and have symptoms of COVID-19, test again 48 hours after the first negative test, for a total of two tests.

If you are recommended to retest, consider getting a molecular test, such as a PCR test, which may provide more accurate results. If you ever test positive with a molecular or self-test, isolate immediately.

Additional resources

More information on self-tests: www.dhs.wi.gov/covid-19/self-testing.htm

Information on other testing options: www.dhs.wi.gov/covid-19/testing.htm

Instructions for isolation: www.dhs.wi.gov/diagnosed.htm

Next steps after exposure: www.dhs.wi.gov/close-contacts.htm