

# COVID-19 Rapid Home Test Result Guidance

<p><b>If you test positive for COVID-19:</b></p>	1) Trust your test result and follow the CDC guidelines for <b><u>ISOLATION</u></b> below.
	2) Do not seek confirmatory testing. False positives are not common.
	3) Notify 87 MDG Public Health of your positive result at <a href="mailto:usaf.jbmdl.87-mdg.mbx.covid19@mail.mil">usaf.jbmdl.87-mdg.mbx.covid19@mail.mil</a> . Include the following in your email – <b>Name, DOD ID, good phone number, your unit (if you work on base), work location or daycare location (if applicable)</b>
	4) Let your <b><u>Close Contacts*</u></b> know of their exposure so they can be tested and follow the proper CDC guidelines for <b><u>Close Contacts*</u></b> written below.
	5) Get plenty of rest and fluids. Take over the counter cough and cold medications, if needed.
	6) Seek emergency care if: <ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Persistent pain or pressure in the chest</li> <li>• New confusion</li> <li>• Inability to wake or stay awake</li> <li>• Pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone)</li> </ul> <p>Note: This list is not all possible symptoms. Please call your medical provider if you have <b><u>Symptoms**</u></b> that are severe or concerning to you.</p>
<p><b>If you test negative for COVID-19:</b></p>	If you are a <b><u>Close Contact*</u></b> to someone with COVID-19, <b><u>and you have no Symptoms**</u></b> and a <b><u>negative test</u></b> , this means you are unlikely to spread COVID-19 to others at this time. However, please still follow the CDC guidelines below for <b><u>Close Contacts*</u></b> .
	If you are a <b><u>Close Contact*</u></b> to someone with COVID-19, <b><u>and you also have Symptoms**</u></b> , your test result may be a false negative. Continue to follow the CDC guidelines for <b><u>Close Contacts*</u></b> below. Recommend repeating a home test in 2-3 days or getting confirmatory testing at a testing center.
	If you do not have a known exposure to COVID-19, <b><u>but you have Symptoms**</u></b> and a <b><u>negative test</u></b> , then your illness might not be COVID-19. Please continue to wear proper masking around others and seek medical care and/or confirmatory testing at a test center, if needed.

If you test <b><u>Negative</u></b> for COVID-19:	No Quarantine	Quarantine
<p>And you are a <b><u>Close Contact*</u></b> of someone who tested positive for COVID-19:</p>	People who are Boosted OR Vaccinated in the last 6 months (J&J in last 2 months) must: Wear medical quality single use mask when around others for 10 days	People not Boosted OR Vaccinated in the last 6 months (J&J in last 2 months) must: Stay home for 5 days after exposure and wear medical quality single use mask when around others for 5 additional days
	<p>Test on Day 5 after the close contact occurred if testing available</p> <p>If symptoms** develop, get a test and stay home until a negative test confirms symptoms are not from COVID-19</p>	
<p><b>If you test Positive for COVID-19: ISOLATE</b></p>	Stay home for 5 entire days after the test date or symptom onset, and isolate from others	
	After 5 days, if symptoms resolved: may leave house. If still symptomatic, stay at home and call PCM	
	Wear single use medical quality mask around others for an additional 5 days	
Email 87 MDG Public Health COVID Box at <a href="mailto:usaf.jbmdl.87-mdg.mbx.covid19@mail.mil">usaf.jbmdl.87-mdg.mbx.covid19@mail.mil</a>		
<p>*A <b><u>Close Contact</u></b> is someone who was 6ft or less from a person with COVID-19 for more than 15 min in a 24hr period</p> <p>** <b><u>Symptoms</u></b> of COVID-19 can be fever, chills, sore throat, congestion, runny nose, cough, fatigue, headache, trouble breathing, loss of sense of taste or smell, body aches, nausea, vomiting or diarrhea</p>		