

### 3 WHAT DO MY TEST RESULTS MEAN?

#### IF YOUR TEST WAS POSITIVE:

- ▶ Take a picture of your test if it was not done during a VA Video Connect (VVC) visit
- ▶ Contact your VA health care provider / care team **right away** and tell them you tested positive. **If treatment is recommended, it needs to be started as soon as possible**
- ▶ Isolate for at least 5 days from the onset of your first symptom or your positive test
- ▶ Tell anyone that you have had close contact with that you tested positive
- ▶ There is no need to schedule a lab-based test (PCR test) if your self-test results are positive
- ▶ Seek medical attention if your illness becomes severe, like difficulty breathing or high fever
- ▶ If you cannot fully isolate, wear a well-fitting mask any time you are around others for at least 5 days
- ▶ If you have not already contacted your health care provider / care team, send a secure message via My HealtheVet before ending your isolation

#### IF YOUR TEST WAS NEGATIVE:

- ▶ Monitor your health for developing symptoms
- ▶ Consider taking another self-test in 2 or 3 days
- ▶ If you have symptoms, you could still have COVID-19 or another infection like flu. Call your PACT team for advice, and to schedule a lab-based test (PCR test) with your VA medical center
- ▶ Continue COVID-19 precautions (masking and physical distancing) to avoid catching or spreading the virus

#### IF YOUR TEST WAS INVALID:

- ▶ Follow the test instructions for next steps

#### Three ways to request a COVID-19 lab test at a VA medical facility:

1

Send a secure message to your VA primary care provider through My HealtheVet requesting a lab test

2

Request an appointment through My HealtheVet for a lab test

3

Call your VA health care team and request a lab test



### STILL HAVE QUESTIONS?

Questions about symptoms, whether to take a COVID-19 self-test, or schedule a PCR test? Contact your local VA

**[Insert Local Facility Contact Information]**

For general questions about your health, contact your VA health care provider / care team.



For general questions about COVID-19 lab tests at VA, visit <https://www.va.gov/resources/covid-19-testing-at-va/> or scan the QR code:



# TESTING 1-2-3: COVID-19 SELF-TEST KITS

Understanding when to use them and what to do when you get your results



VA knows protecting the health of your loved ones who may be at risk for COVID-19 is important to you, like pregnant women, young children, the elderly, and those with multiple medical conditions and poor health.

**COVID-19 testing continues to be one of the best ways to stop the spread of the virus. Testing is safe, accurate, quick, and can be completed at home.**

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# COVID-19 SELF-TEST KITS: QUICK, CONVENIENT, SAFE

## 1 WHEN SHOULD I TAKE A COVID-19 SELF-TEST?

You should test yourself for COVID-19 if you:

- ▶ Have COVID-19 symptoms (cold or flu-like symptoms), such as headache, cough, loss of taste or smell, fever, or shortness of breath
- ▶ Were exposed to someone who tested positive for COVID-19 (even if you do not have symptoms)
- ▶ Were exposed to someone with COVID-19 symptoms (even if you do not have symptoms)
- ▶ Plan to gather indoors with family or friends who are at risk of severe COVID-19, older adults and immune compromised

**Knowing if you have been infected with COVID-19 is important to get the right medical care, and to protect your loved ones.** Testing, along with vaccination, masking, and physical distancing, can help prevent spreading the virus.

## Order Free COVID-19 Self-Test Kits

Every home in the U.S. is eligible to receive 4 COVID-19 self-tests from [CovidTests.gov](https://www.covidtests.gov).

**The tests are completely free.**

You can order the free tests by visiting the website, or by calling 1-800-232-0233 to speak to someone in English, Spanish, and more than 150 other languages. This call-line is open 8 a.m. to midnight ET, 7 days a week. There's also a TTY line (1-888-720-7489) to support access by hearing-impaired callers.

## 2 HOW DO I TAKE A COVID-19 SELF-TEST?

Read the instructions in the test carefully. If you do not follow the instructions as written, your test results may be invalid. Every test is different, but they all have a toll-free number for help. A QR code on some tests can be scanned for a video with instructions on how to use it.

**In order to get the best results, self-tests should be taken in one of the following two ways, in order of preference:**

- 1 Take the self-test during a telehealth visit with your VA care team – schedule a VA Video Connect (VVC) telehealth visit through My HealtheVet
- 2 Take a photo of your self-test result and send it to your VA care team using a secure message through My HealtheVet or share the photo during a VVC telehealth visit

However, if the above is not available after taking the test, report any positive results to your provider in your usual manner.

**Every test will start with these instructions:**

- ▶ Wash your hands with soap and water
- ▶ Open the test and carefully follow the instructions
- ▶ Before starting, make sure you have a timer or clock because reading results before or after the specified timeframe may result in invalid results



Scan the QR code to find instructional videos on how to use FDA-authorized self-tests. While these videos may be helpful, it is important to read the instructions in your test kit before beginning.

