



I got my Covid home test kit. Now what?

Store it:

Keep out of the direct sun and keep in cool, dry location in your home. Do not open the swabs until you are ready to test

Use it:

- 6 hours before visiting someone who is high risk for covid effects (elderly, sick, immunocompromised, unvaccinated); do not visit if you have any ill symptoms
- Between 2-5 days after you were in close contact to someone who has covid
- If you have any of the following symptoms: fever, chills, muscle aches, body aches, nausea, abdominal pain, headache, abnormal taste, abnormal smell, cough.
- Follow manufacturer's direction for proper use

Use it again:

- If you were exposed to someone who is positive, but your test was negative, take another test 2-3 days later

If you test negative:

- If you are fully vaccinated or have had booster, you do not need to quarantine, but you should proceed with caution and monitor yourself for symptoms
- Wear a mask at home, at work and in public
- If you are not fully vaccinated, you should quarantine for 5 days, monitor yourself for symptoms and wear a mask after your quarantine has ended

If you test positive:

- Isolate for at least 5 days, and more if continue to have symptoms
- Day 1 is the day AFTER your first day of symptoms
- Call your doctor and report you are Covid positive and discuss any treatment. Do not need to call the health department
- If you need more information, go to <https://hawaiicovid19.com/> or call 808-586-8332