

# When should I use the COVID-19 test kit?

- If you have **symptoms** of COVID-19
  - New cough
  - Shortness of breath
  - Fever (100.4 or higher)
  - Sore Throat
  - New nasal congestion, runny nose
  - Loss of taste or smell
  - Vomiting or diarrhea
  - Severe headache
- If you have been in **close contact** with someone who has COVID-19. **For accurate results, wait 5 days before** testing (or test sooner if symptoms develop).

## When should I NOT use the COVID-19 test kit?

- If you have had a positive COVID-19 test in the last 90 days and do not have NEW symptoms, you do not need to test
- A negative result does not allow quarantine to be shortened

## What should I do if I get a positive test result?

- **Notify** the school nurse by email [gtrue@bcps.org](mailto:gtrue@bcps.org) , by phone 443-809-3831 or online through the link posted on the CHS website under Resources.
- **Isolate** within your home for 10 days from the positive test result or 10 days from the start of symptoms
- Try to stay in one room of the home, away from others. **Wear a mask** if you need to leave that room. Have others wear a mask around you
- **Clean** common household surfaces frequently
- Seek emergency medical attention if you experience shortness of breath, confusion, blue lips, or chest pain

## Test Procedure Overview **\*\*Read full package insert before testing\*\***

