

At-Home COVID-19 Testing

Testing at home helps to prevent the spread of COVID-19.

Step 1: Get the following materials

- A box that has two iHealth COVID-19 Antigen Rapid Tests and instructions.
- A device with internet access to submit your results. If you do not have a device or internet, call your results in to (650) 275-5419.

Step 2: Test yourself or family member

- *If you or your family member have any **COVID-19 symptoms** and/or you know you were exposed to someone with COVID-19, test as soon as possible, stay home and wear a mask when you are around others. Follow [quarantine or isolation instructions on ShastaReady.org](#).*
- **Watch the video on how to test:** [How to do an iHealth Rapid Test](#), search for “How to use the iHealth COVID-19 Antigen Rapid Test” on YouTube, use the QR code below or read the instructions provided with the tests.

Step 3: Understand your test results

- **If the test is positive:** Stay home from work or school. Contact your doctor right away. There are new treatments that you may be eligible to receive. Follow [quarantine or isolation instructions for on ShastaReady.org](#).
- **If the test results are not clear:** Repeat the test or find a [local testing site](#) to retest. Make sure you take a photo of your test.
- **If test is negative:** If you feel well and have no COVID-19 symptoms, return to work or school. If you have [symptoms](#) or have been in contact with someone with COVID-19, stay home and follow [quarantine or isolation instructions on ShastaReady.org](#).

Step 4: Go to the Primary.Health website to report your results

- **DO NOT** use the iHealth app.
- Primary.Health is a secure website that sends your results to the Health Department.
- Register for Primary.Health at <https://my.primary.health/l/cdphcbootc>.
- No internet? Call your results in at (650) 275-5419.
- **Questions about Primary.Health?** Contact (650) 275-5419.



← SCAN this QR code to watch a VIDEO on how to do the test.



← SCAN this QR code to REPORT test results to the Health Department.