

# At-Home COVID-19 Testing

Testing at home helps prevent the spread of COVID-19 and keep schools open

## Step 1: Get the following materials:

- Two iHealth COVID-19 Antigen Rapid Tests with instructions.
- A device with internet access you can use to submit your results at <https://my.primary.health/l/caschools>. (if you do not have a device with internet access, you can call (650) 275-5419 to submit your results).

## Step 2: Test your student (or yourself if you are a staff member)

Students and staff members with NO [COVID-19 symptoms](#) and NO known exposure to someone with COVID-19 should TEST TWO TIMES:

- Test #1: The day returning to school.
- Test #2: Three days after returning to school.

SCAN the QR code below to WATCH a [video on how to test](#).

**ANY SYMPTOMS? KNOWN EXPOSURE?** If you HAVE ANY [COVID-19 symptoms](#) and/or you know you were exposed, stay home and wear a mask when others are present. Follow [quarantine or isolation instructions on ShastaReady.org](#).

## Step 3: Share your test results on Primary.Health. (DO NOT use the iHealth app.)

Primary.Health is a secure website that reports your results to the school and the Health Department. **REGISTER** for Primary.Health at <https://my.primary.health/l/caschools> or use the QR code. NO INTERNET? Call your results in at (650) 275-5419.



SCAN the QR code to REPORT test results to the Health Department

## Step 4: Understand your test results

### NEGATIVE TEST?

- If your student feels well and has no [COVID-19 symptoms](#) - return to school.
- If your student has SYMPTOMS or has been in contact with someone with COVID-19, they must stay home, wear a mask when others are present, and follow [quarantine or isolation instructions on ShastaReady.org](#).

**POSITIVE TEST?** Stay home from school and contact your doctor and your school right away. Follow [quarantine and isolation instructions on ShastaReady.org](#).

**UNCLEAR TEST RESULTS?** Submit a photo of your results to [Primary.Health](#) or find a [local testing site](#) to retest. Make sure you have a photo of your test.

**Questions about Primary.Health?** Contact 650-275-5419.



SCAN the QR code to WATCH a video on how to test.

December 2021