

If you need to be tested for COVID-19, consider using a **self-test** that can be performed anywhere. Sometimes a self-test is also called an “at-home test”, or an “over-the-counter (OTC) test.” Self-tests may be used if you have COVID-19 symptoms or have been exposed or potentially exposed to an individual with COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

IF YOUR TEST RESULT IS POSITIVE

- **You should isolate yourself from others. Review the isolation guidance:**
<https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>
- If your illness becomes severe, **seek medical attention**. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- **Tell your close contacts** that they may have been exposed to the virus that causes COVID-19. A person with COVID-19 can begin spreading it starting 48 hours before the person has any symptoms or tests positive. By informing your close contacts they may have been exposed, you are helping to protect everyone.
<https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf>

IF YOUR TEST RESULT IS NEGATIVE

- A negative test result means the virus that causes COVID-19 was not found in your specimen. If you took the test while you had symptoms and followed all instructions carefully, a negative result means your current illness is probably not COVID-19.
- Occasionally, it is possible for a test to give a negative result in some people who have COVID-19. This is called a false negative. You could also test negative if the specimen was collected too early in your infection. In this case, you could test positive later during your illness. If you develop symptoms after a negative test, consider testing again.

DO I NEED TO REPORT MY RESULT(S) TO THE HEALTH DEPARTMENT?

No, TDH does not collect or report information from self-tests.

CAN I GET A LETTER OF ISOLATION?

TDH does **not** provide letters following self-tests and recommends that anyone who tests positive follow the isolation guidance: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>

QUESTIONS ABOUT ISOLATION?

Call TDH at (615) 741-7247 with questions about isolation and quarantine.