



## GETTING YOUR FREE BinaxNOW Antigen SELF-TEST 2 Count

You have received a free antigen self-test from a Community Action Agency (CAA) in partnership with the Michigan Department of Health and Human Services (MDHHS). **Please take the self-test immediately after receiving. This 15-minute test can be completed anytime, anywhere.**

- Your self-test kit includes **two tests per box to test twice within 3 days, with at least 36 hours between tests.**
- It identifies multiple strains, and can be used for children as young as 2 years old when administered by an adult, and for all people 15 and older to self-administer.

### How to Test

- Disinfect the surface. Wash your hands with soap and water, or use hand sanitizer.
- Follow the directions step by step, provided by the manufacturer.

### Self-Report the Test Results

- Report your antigen self-test test results to your local health department.

### If you test positive with your first or second self-test:

**Isolate from others right away-** Stay away from other people for 10 days.

**Seek follow-up care with your healthcare provider.**

**May need additional testing-** Confirmatory PCR testing is recommended. Free testing locations can be found on [Michigan.gov/coronavirustest](https://www.michigan.gov/coronavirustest).

**End Isolation after 10 days** if symptoms are improving; no fever for 24 hours without using any medicine; immunocompromised or severely ill may need to isolate for longer.

**If your first test is negative**, be sure to test again within 3 days, with at least 36 hours between tests.



## Negative COVID-19 test result & have been in contact with a person confirmed with a COVID-19:

### If you are not sick (asymptomatic) & are not fully vaccinated

- Quarantine for at least 10 days after your last contact with the person with COVID-19
- Re-test 24-36 hours following the negative test result

### No symptoms & fully vaccinated

- No need to quarantine
- Continue to wear a mask around others for 14 days
- Re-test 24-36 hours following the negative test result

### If you are sick (symptomatic)

- Isolate for 10 days
- Re-test at a medical facility or testing site to confirm the negative result. Find a site at [Michigan.gov/coronavirustest](https://Michigan.gov/coronavirustest)

## Negative test result & had no contact with a person with COVID-19

- If you are not sick (asymptomatic), there is no need to isolate or quarantine
- If you are sick (symptomatic), stay away from others until you have not had a fever for at least 24 hours & other symptoms are getting better
- Consider getting tested at a medical facility or testing sites to confirm the negative result

## STAY HEALTHY!



**Wear a mask or cloth face covering** when you are around people you do not live with. Make sure it covers your nose and mouth.



**Wash hands often.** Use soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer with at least 60% alcohol.



**Cover coughs and sneezes.** Cough or sneeze into your elbow or a tissue, then wash your hands.



**Clean and disinfect things you touch,** like light switches, doorknobs, and tables.