How to use the iHealth COVID-19 Antigen Rapid Test

https://www.youtube.com/watch?v=qBt_H4Gc-rU
There are many different kinds of at-home tests. This is just one of the many brands or types of tests available. They are done in similar ways.
This video explains How To Use a Self-Test

https://www.youtube.com/watch?v=6Pxk6ZcCfz8
This video explains how to help you read the results of your at-home test.

https://www.youtube.com/watch?v=Xli2t4skfx0
Talk in small groups for 15 minutes.

Does anyone have questions about using at home Covid-19 tests?

Answer each others questions.

Report back on anything you need more info about.
How to Get an At-Home COVID-19 Test

- Order free tests at [COVIDtests.gov](https://COVIDtests.gov)
- Free tests are also available through [local health departments](https://localhealthdepartments.gov).
How to Get an At-Home COVID-19 Test

You can buy a test online or in a pharmacy and retail store. Medicaid will cover the purchase of these tests. In some states, pharmacies can directly bill Medicaid for these at-home tests.
You should take a test if...

- You were with someone who has Covid.
- You feel sick. See a list of symptoms on the next slide.
- Your job, school or agency asks you to get tested.
- You are going to an indoor event or gathering.
- Before you travel.

When should you take a test? Right Away
If You Have Any of These Symptoms Get A Test

- Fever or Chills
- Coughing or Sore Throat
- Hard Time Breathing
- Headache or body aches
- Tired your body feels weak
- Lose your sense of taste or smell
- Runny Nose
- An upset stomach, nausea or diarrhea
You Can Find Testing Locations on this Website


When should you take a test? Right Away
If you’re not able to get an at-home test when you need it, you might also visit a community testing site, or call your local health department for more options.
The government is giving out more test kits. Here is the link:
https://special.usps.com/testkits
These are posters that are free that give you information on how to do the iHealth Covid at-home test

**Arabic:**
iHealth Test Instructions
What to do with your COVID-19 test result

**Dari:**
iHealth Test Instructions
What to do with your COVID-19 test result

**Farsi:**
iHealth Test Instructions
What to do with your COVID-19 test result

**French:**
iHealth Test Instructions
What to do with your COVID-19 test result

**Japanese:**
iHealth Test Instructions
What to do with your COVID-19 test result

**Kinyarwanda:**
iHealth Test Instructions
What to do with your COVID-19 test result
How to Use the iHealth COVID-19 Self-Test

Please read the directions or watch the instructional video on ihealthlabs.com before starting.

Kirundi:
iHealth Test Instructions
What to do with your COVID-19 test result

Korean:
iHealth Test Instructions
What to do with your COVID-19 test result

Pashto:
iHealth Test Instructions
What to do with your COVID-19 test result

Spanish:
iHealth Test Instructions
What to do with your COVID-19 test result

Swahili:
iHealth Test Instructions
What to do with your COVID-19 test result

Urdu:
iHealth Test Instructions
What to do with your COVID-19 test result

Vietnamese:
iHealth Test Instructions
What to do with your COVID-19 test result
You should have a cotton swab or q-tip, a test tube with liquid, and a test card. All these items come with the self-tests.

STEP 1: Swab your nose with the Q Tip. Swab 5 times on the inside of the nose in each nostril.

STEP 2: Place the cotton swab into the test tube and stir it.

STEP 3: Squeeze out some drops on the circle on the test card. Wait 15 minutes.

STEP 4: Check your results. 2 lines will mean a positive COVID result.

Just remember, these were instructions for the iHealth Covid at-home test. If you get a different at-home test, the instructions will probably be different. So, make sure that you read the instructions for the test that you get. Ask for assistance if you are having trouble.