

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=6Ppk6ZcCfz8>

This video explains how to help you read the results of your at-home test.



<https://www.youtube.com/watch?v=Xli2t4skfx0>

Time for Some Peer Support!



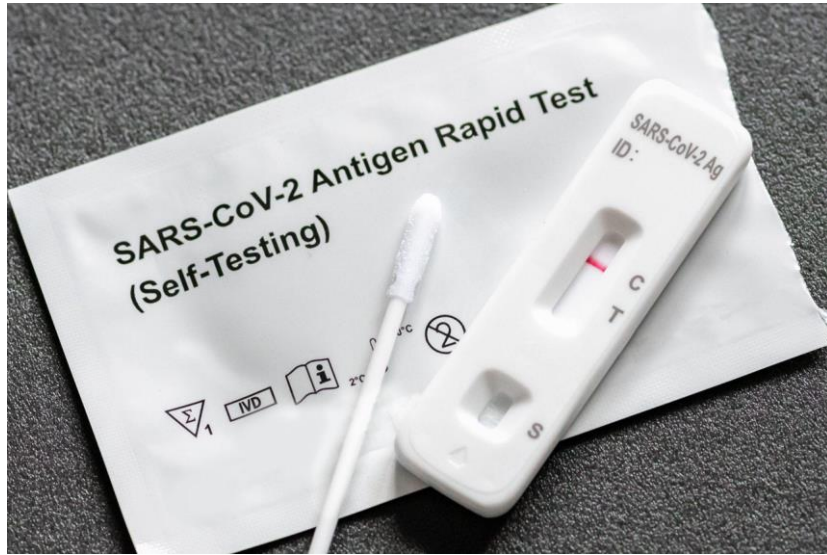
Talk in small groups for 15 minutes.

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

Answer each others questions.

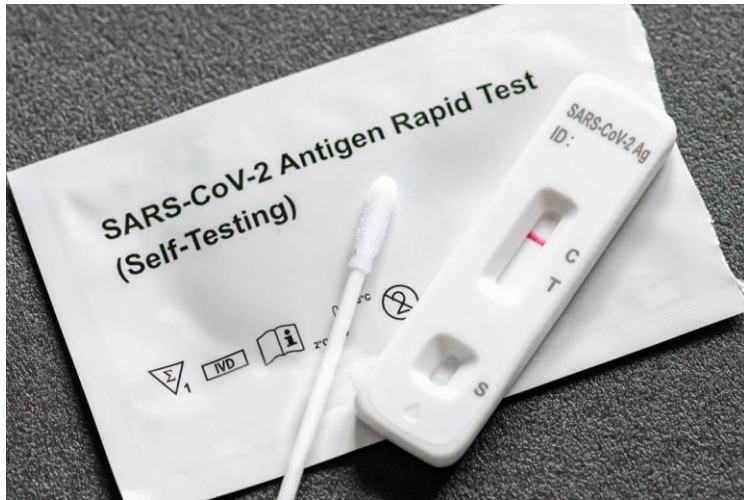
Report back on anything you need more info about

How to Get an At-Home COVID-19 Test



- Order free tests at [COVIDtests.gov](https://www.covidtests.gov)
- Free tests are also available through [local health departments](#).

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

<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>



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>

How to Use the iHealth COVID-19 Self-Test

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

YOU SHOULD HAVE THESE ITEMS



STEP ONE: SWAB YOUR NOSE



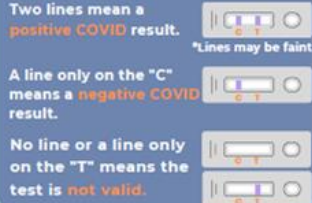
STEP TWO: MIX THE SAMPLE



STEP THREE: TEST THE SAMPLE



STEP FOUR: RESULTS



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](#)

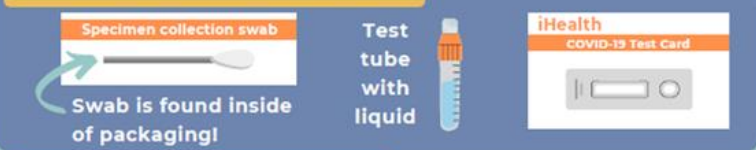
If you have any questions, please visit cv.nmhealth.org/selftest or call the Coronavirus Hotline: 1-855-600-3453



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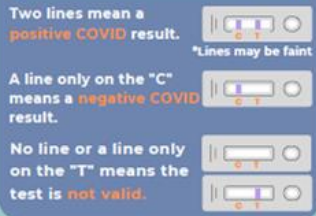
STEP TWO: MIX THE SAMPLE



STEP THREE: TEST THE SAMPLE



STEP FOUR: RESULTS



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](#)

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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.