

# Self-Collection Kit Information

If you need to be tested for COVID-19 and can't get tested by a healthcare provider, you can choose to use either a self-collection kit (one that is sent off to a lab for results) or a self-test that can be performed at home or anywhere else. Sometimes a self-test is also called a "home test" or an "at-home test."

These self-collection kits and tests are available either by prescription or over the counter, without a prescription, in a pharmacy or retail store. Currently, available self-collection kits and tests are used for the detection of current infection.

Read the complete set of the manufacturer's instructions before using the test. Talk to a healthcare provider if you have questions about the test or your results.

If your self-collection kit test is POSITIVE:

Submit your results to the Wichita Falls-Wichita County Public Health District through the LIVE WELL website.

<https://livewellwichtacounty.com/program-categories/covid-19-wichita-county/>

If your self-test is POSITIVE:

Seek local test (PCR or NAAT) at one of the COVID-19 testing facilities listed here:

<https://tx-wichitafalls3.civicplus.com/ImageRepository/Document?documentID=36303>

**As much as possible, stay in a specific room** and away from other people and pets in your home or place of residence. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home or place of residence, wear a mask. Don't share personal household items, like cups, towels, and utensils. Monitor your symptoms. 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 COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping protect everyone.

# 10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# What Your Test Results Mean

Accessible version available at <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

## If you test positive for COVID-19

TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19



### STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



### STAY IN TOUCH WITH YOUR DOCTOR.



### GET REST AND STAY HYDRATED.

Take over-the-counter medicines, such as acetaminophen, to help you feel better.

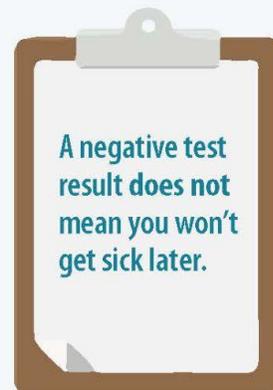


### SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

## If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.
- However, **that does not mean you will not get sick.**
- It is possible that you were very early in your infection when your sample was collected and that **you could test positive later.**



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[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)