



COVID Self-Testing for Shelter Residents

You can test yourself to help determine if you are infected with COVID-19 with at-home Rapid COVID Antigen test kits.



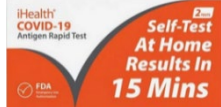
The test takes 10-15 minutes to complete. It is an “antigen” test which can detect active virus particles of COVID in your nose.

Here are some important things to know:

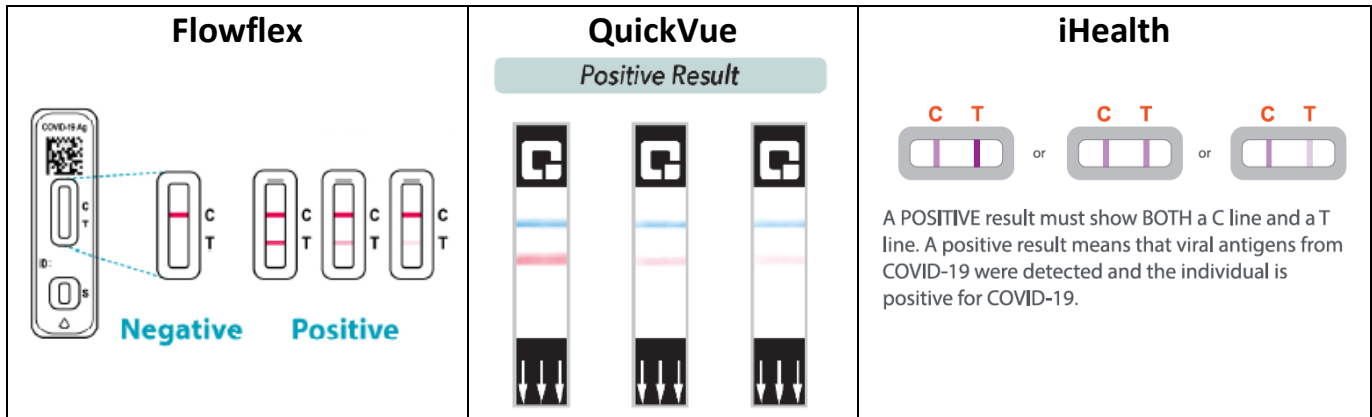
- If you have **symptoms of COVID, you must isolate from others in a shelter program, even if your Rapid COVID test result is negative:**
Symptoms include:
 - Cough, sore throat, difficulty breathing, loss of smell/taste
 - Fever, feeling lousy, chills, nausea, stomach and gut problems, diarrhea, fatigue – and other symptoms...
 - This may mean going to isolate at the Isolation/Quarantine Hotel if you stay in a group shelter.
- **These Rapid tests are not 100% accurate. It is possible to receive a negative result even if you are infected.** For this reason, **anyone who is symptomatic MUST inform staff and isolate**, either on site if possible, or at the County Isolation & Quarantine Hotel.
- **Make sure your test kits are not expired, but know that in many cases, expiration dates have been extended.** This [FDA website](#) will let you know if expiration date has been extended.
- It is best to self-administer a Rapid COVID Test on a weekly basis, for both client-facing staff and residents/guests.
- There are many test kits available. Each packet comes with instructions. Please read carefully. If you have questions, ask a shelter staff:



Testing helps
stop the spread

 <p>Flowflex COVID-19 Home Test</p> <p>You can watch a video here: https://www.youtube.com/watch?v=CtENZcCCmG8</p>	 <p>Quick-Vue At-Home COVID-19 Rapid Test. You can watch a video here: https://www.youtube.com/watch?v=NlYsCF387dA</p>	 <p>iHealth COVID-19 Rapid Test. You can watch a video here: https://www.youtube.com/watch?v=gBt_H4Gc-rU</p>
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If your test is Positive...



In a positive test, the Test Line may be faint – but if you can detect a line, your test is positive!

If your test is **positive**, that means that you are infected with the COVID-19 virus, regardless of having symptoms or not:

- Please let a staff person know that your test is positive as soon as possible, and they will help you with a referral to the Alameda County Isolation and Quarantine Hotel.
- You must isolate from other people immediately, for up to 10 days, whether you have symptoms or not.
- You should isolate until your transportation to the Isolation and Quarantine Hotel. You can pack items that you would like to bring with you to the hotel. You will have to isolate for the amount of time that the IQ nurses tell you based on your symptoms and circumstances.

Anyone who is infected with COVID should consider taking antiviral treatment to lessen the chance of hospitalization or death. Please go to the ACHCH webpage for treatment information and resources: <https://www.achch.org/covid-19-treatment.html>

- If your test is negative and you are symptomatic, you should **still isolate from others**. Tell a staff member.
- If your test is negative and you are NOT symptomatic, please remember to test yourself at least weekly, continue to mask and follow all COVID prevention precautions.

Self-Testing is NOT a substitute for not getting vaccinated. Help us end this pandemic, make yourself and your community safer:

GET YOUR VACCINATION AND/OR A BOOSTER!