SELF TESTING

- Self-tests are performed by a person at home or anywhere.
- All instructions for performing the test must be followed.
- Self-tests can be used by anyone who is symptomatic regardless of their vaccination status.
- Unvaccinated persons with no COVID-19 symptoms can also use self-tests, especially if they were potentially exposed to someone with COVID-19.
- If an individual tests positive, they should isolate and inform any close contacts.

Reporting Results

Give your positive results to the Floyd County Health Department or your healthcare provider. Some self-tests have an app that will automatically report your results to the appropriate public health authorities.

Note: If your COVID-19 test is positive, tell a healthcare provider about your positive result and stay in contact with them during your illness. To avoid spreading the virus to others, follow CDC’s guidance for isolation. As much as possible, stay in a specific room and away from other people and pets in your home or place of residence. Tell your close contacts that they may have been exposed to SARS-CoV-2, the virus that causes COVID-19.
How to Collect an Anterior Nasal Swab Specimen for COVID-19 Testing

Use only an authorized specimen collection kit given to you by your healthcare provider or personnel at the testing center, or purchased over the counter in a pharmacy or other store. Follow the instructions included with the specimen collection kit which may be used on-site or at home. Use only materials provided in the kit to collect and store or mail the specimen, unless the kit says to do otherwise. These instructions can also be used with self-testing kits if the kit specifies anterior nasal swab collection.

Set-up

1. Disinfect the surface where you will open the collection kit. Remove and lay out contents of kit. Read instructions before starting specimen collection.

2. Wash hands with soap and water. If soap and water are not available, use hand sanitizer.

Specimen collection

3. Remove the swab from the package. Do not touch the soft end with your hands or anything else.

4. Insert the entire soft end of the swab into your nostril no more than ¾ of an inch (1.5 cm) into your nose.

5. Slowly rotate the swab, gently pressing against the inside of your nostril at least 4 times for a total of 15 seconds. Get as much nasal discharge as possible on the soft end of the swab.

6. Gently remove the swab.

7. Using the same swab, repeat steps 4–6 in your other nostril with the same end of the swab.
Preparation of specimen for return

8. Place the swab in the sterile tube and snap off the end of the swab at the break line, so that it fits comfortably in the tube. Place the cap on the tube and screw down tightly to prevent leakage.

9. Wash hands or re-apply hand sanitizer.

10. Place the tube containing the swab in the biohazard bag provided and seal the bag.

Returning the specimen and clean-up

11. Give the bag with the swab to testing personnel or follow the instructions for returning the specimen for testing.

12. Throw away the remaining specimen collection kit items.

13. Wash hands or re-apply hand sanitizer.
How to Collect a Nasal Mid-Turbinate Specimen for COVID-19 Testing

Use only an authorized specimen collection kit. Get a kit from your healthcare provider or a testing center. Kits are available at a pharmacy or other retail outlet. Follow the instructions included with the specimen collection kit. Use only materials provided in the kit to collect and store or mail the specimen unless the kit says to do otherwise. Use these instructions with kits that specify a nasal mid-turbinate swab collection.

Setup

1. Disinfect the surface where you will open the collection kit. Remove and lay out contents of kit. Read instructions before starting specimen collection.

2. Wash hands with soap and water. If soap and water are not available, use hand sanitizer.

Specimen Collection

3. Remove the swab from the package. Do not touch the soft end with your hands or anything else.

4. Insert the entire soft end of the swab straight back into your nostril less than one inch (about 2cm) or until you feel resistance.

5. Slowly rotate the swab, gently rubbing it along the insides of your nasal passage several times.

6. Gently remove the swab.

7. Using the same swab, repeat steps 4–6 in your other nostril with the same end of the swab.

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8. Place the swab in the sterile tube and snap off the end of the swab at the break line, so that it fits comfortably in the tube. Place the cap on the tube and screw down tightly to prevent leakage.

9. Wash hands or re-apply hand sanitizer.

10. Place the tube with the swab in the biohazard bag provided and seal the bag.

11. Give the bag with the swab to testing personnel or follow the instructions for returning the specimen for testing.

12. Throw away the remaining specimen collection kit items.

13. Wash hands or re-apply hand sanitizer.

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