

Video 2: What to Do If Your Self-Test Result Is Positive

Hi, my name is Keisha; I am here to help you with your self-tests. In other videos, you can find me explaining other components of self-testing, including when to test or where to get tests. In this video, I will help you understand what you should do if you test positive. Remember, even if you are up to date with your vaccines, CDC recommends that you get a COVID-19 test if you have COVID-19 symptoms or think you've been exposed to someone with COVID-19.

First of all, there are many different types of COVID-19 self-tests. The specific test instructions for your test will tell you how to read your test results.

If your **self-test** result is positive, you should isolate immediately. To avoid spreading the virus, wear a high-quality mask or respirator and isolate for at least 5 days from other people and pets. Ask everyone you live with to wear a well-fitting mask or respirator when they are around you. Tell anyone who you were in recent contact with they may have been exposed to COVID-19. If you were in recent contact with your coworkers, you should also notify your place of employment. If you have a child or children, notify the school or care provider if appropriate. Check out CDC's COVID-19 Testing: What You Need to Know guidance by clicking the pop-up in the top right corner for more information.

Contact a healthcare provider to learn about treatment options that may be available to you. Treatment should be started as soon as possible to be effective. More information on treatment options can be found on the COVID-19 Treatments and Medications website by clicking the pop-up in the top right corner. You can also consult CDC's COVID-19 Viral Testing Tool for suggestions on next steps. Continue to monitor your symptoms and seek emergency care if needed.

Thanks for doing your part to help prevent the spread of COVID-19 in our community. Testing is just one part of preventing the spread of COVID-19. Please stay up to date with your COVID-19 vaccines, wear a well-fitting mask or respirator when recommended, and avoid crowded areas or keep distance between yourself and others in poorly ventilated spaces. For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).