

At-Home COVID-19 Testing Before Returning from Break

Students and staff might be exposed to COVID-19 during the break. Testing at home helps to prevent the spread of COVID-19.

Step 1: Get the materials

- A box that has 2 iHealth COVID-19 Antigen Rapid Tests and instructions
- A device with internet access to submit your results at the link provided by your school
- If you do not have a device or internet, please contact your school

Step 2: Test your student (or yourself if you are a staff member)

Students and staff members who do NOT have any [COVID-19 symptoms](#) and have NOT had a known exposure to someone with COVID-19 should test two times:

Test #1: Three (3) days before returning to school

Test #2: The day before returning to school

Watch the video on how to test: [How to do an iHealth Rapid Test](#)

If you DO have any [COVID-19 symptoms](#) and/or you have HAD had a known exposure to someone with COVID-19, please call your school for next steps before you return.

Step 3: Share your test results on Primary.Health. DO NOT USE the iHealth app.

Primary.Health is a secure website that reports your results to the school and the Health Department.

- Register for Primary.Health at the link provided [HERE](#)
- No internet? Contact your school or call your results in at (650)275-5419

Step 4: Understand your test results

If the test is *negative*:

If your student feels well and has no [COVID-19 symptoms](#), return to school!

If your student has symptoms or has been in contact with someone with COVID-19, please call the school before they return EVEN IF THE TEST IS NEGATIVE. More testing might be needed

If the test is *positive*: Stay home from school and contact your doctor and your school right away. You might also be asked to get a PCR test by the local health department. Isolate for 10 days.

If the test results are not clear: Contact the school for next steps, to find the next in-school testing date, or find a local testing site to retest. Make sure you have a photo of your test.

Questions about tests or want to report results? Call or text AEA Hotline: (858) 859-1550

Questions about Primary.Health? Contact: (650) 275-5419