



At-home COVID-19 tests

An over-the-counter test is a **convenient** option for anyone who needs to get tested for COVID-19. These tests can be **self-administered** at home or anywhere and are designed to be **easy to use**. Sold through stores and pharmacies, these tests can be a useful tool to protect your health and help stop the spread of COVID-19.

When to use an over-the-counter test

- If you are experiencing any symptoms of COVID-19, regardless of your vaccination status, you can use an over-the-counter test to get fast and accurate results.
- If you are a close contact to someone with COVID-19 and you are not experiencing any symptoms, testing recommendations will vary depending on vaccination status and history of prior COVID-19 diagnosis. Visit this [DHSS webpage](#) for more information.
- When using an over-the-counter test, precisely follow the instructions provided in the test kit box.

What to do after you receive your results

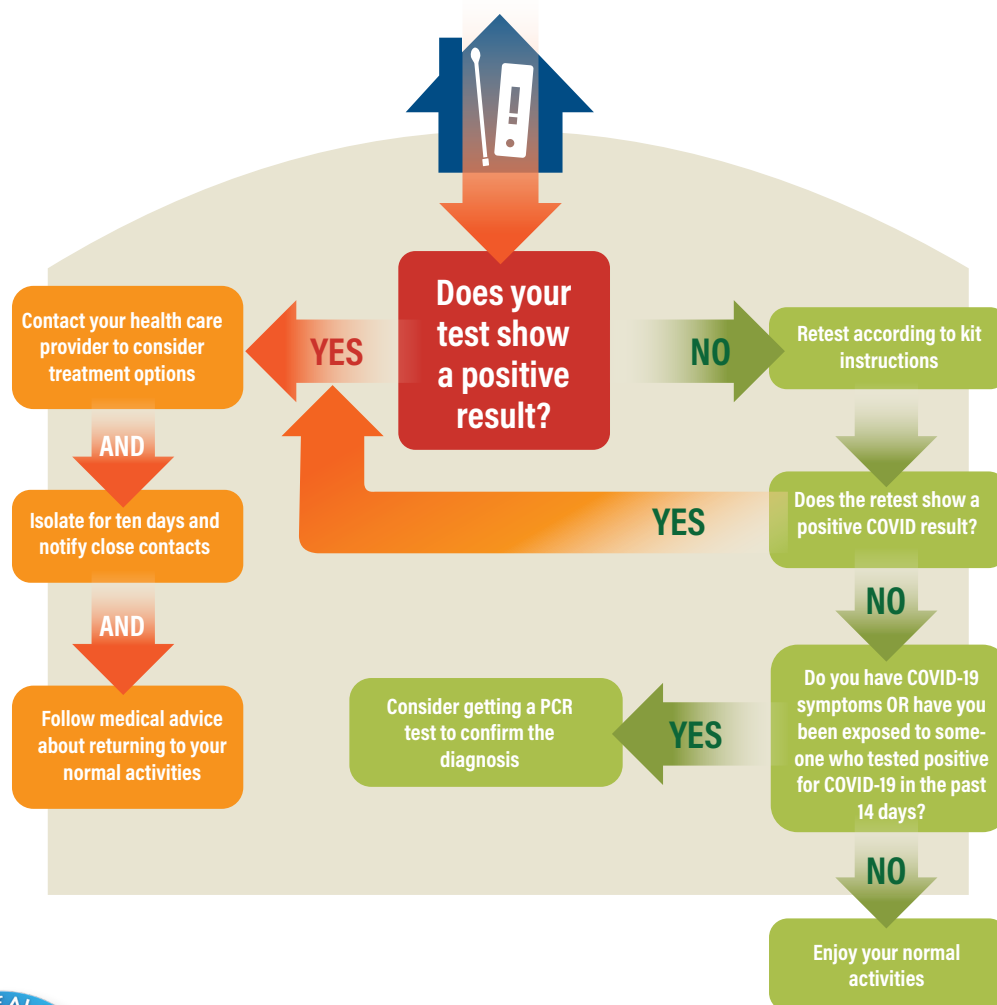
- Many over-the-counter tests include two tests. If your first test is negative, retest according to the test kit instructions (usually within 1-3 days).
- Symptomatic individuals who receive two negative test results should consider getting a more sensitive test, such as a PCR test. False negatives are not common but do occur.
- If you test positive, isolate immediately and inform any close contacts.
- Share positive test results with your health care provider to learn about possible treatment options or any other appropriate medical follow-up you might need.
- If the test kits were provided to you or self-testing was requested by a school, workplace, event, or other group or organization, they might ask you to share your results with them. If so, contact tracing might also be initiated by the requester.
- Please note: The Alaska Division of Public Health (DPH) is not currently performing contact tracing on positive results from over-the-counter tests. Reporting over-the-counter test results to DPH is not currently required. You can still call Public Health Contact Tracing at 907-531-3329 for questions, education, and resources.
- For more information on what to do next, visit the [DHSS website](#) or the CDC's webpage, *If You Are Sick or Caring for Someone*.

Where to get over-the-counter tests

- Over-the-counter test kits are available over the counter, without a prescription, in a pharmacy or retail store. Many pharmacies and stores also sell them online. Having a COVID-19 self-test in your medicine cabinet is a simple way to get quick results on your health status.
- Alaska's public health centers and some schools are also providing these tests to those in need. Please check locally with your public health center if you need help acquiring over-the-counter COVID-19 test kits.

More information

- All the needed materials (including a nasal swab and easy-to-follow instructions) are included in the box.
- Each over-the-counter test kit comes with two cards for two separate tests. If either one of the two test results are positive, people should consider themselves positive. A subsequent negative card does not overrule a positive.
- When travelling, carefully review the testing requirements for each destination. Some places may consider over-the-counter test results insufficient for entry.
- More information about over-the-counter tests is available on the [CDC self-testing webpage](#).



Visit the [CDC self-testing webpage](#) for more information about these tests.
Call 1-907-531-3329 for more information about isolation and notifying close contacts