

Know Before You Go: 2022 Return-to-School Testing

Keep your school community safe. Students might be exposed to COVID-19 during the break. Test at home to prevent the spread of COVID-19.

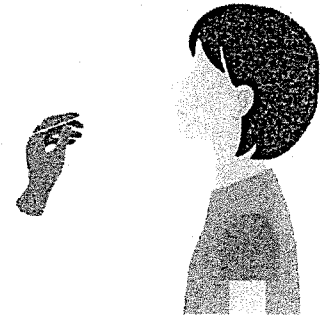
Step 1: Get your materials

- A box of at-home COVID-19 Rapid Antigen Tests (1 box = 2 tests).
- If possible, a device with internet access for sharing your results with the Department of Public Health.

#keepingschoolsopen

Step 2: Plan your test days

- Test before you go to school and during the first weeks of school!
- If you get sick with symptoms like cough and fever, stay home and use your tests to see if it is COVID-19.
- If you're around anyone who has COVID-19, stay home and use your tests a few days later.



Step 3: Share your test results

- If you are very sick: call 911, visit an emergency room, or call your doctor.
- Please report your test results on Primary.Health. This website is secure and HIPAA compliant, and will share you results with your local Department of Public Health. Use <https://my.primary.health/l/caschools> or the link your school shared.

Step 4: Understand your test results

NEGATIVE TEST?

- If you feel well and have no COVID-19 symptoms, RETURN TO SCHOOL!
- If you have SYMPTOMS or have been in contact with someone with COVID-19, please call your school before you return – even if the test is negative. More testing may be needed.

POSITIVE TEST? Stay home from school and contact your doctor and your school right away. Isolate for 10 days.

UNCLEAR TEST RESULTS? Retest at school or at a local testing site.

ANY SYMPTOMS? KNOWN EXPOSURE? If you HAVE ANY COVID-19 symptoms and/or you know you were exposed, CALL YOUR SCHOOL before you return.



SCAN the QR code to share your results with the Department of Public Health.

December 2021

Parents, please share your student's at-home COVID-19 test results with your local health department



Use your smartphone camera to scan the QR code
OR visit <https://my.primary.health/l/caschools>
on your computer.

How to scan a QR code with your phone:

STEP ONE:

Open your smartphone camera

STEP TWO:

Point the camera at the QR code

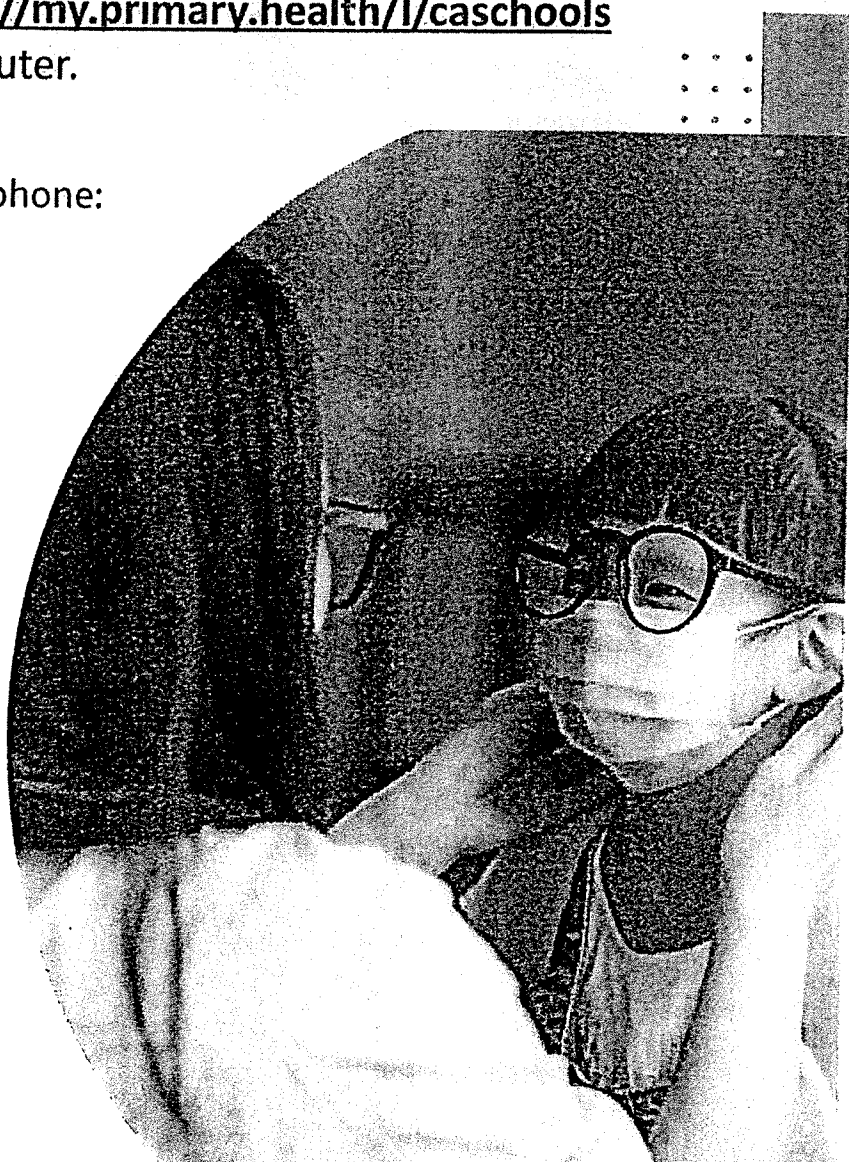
STEP THREE: Follow the steps on your phone to open the Primary Health website

STEP FOUR:

Report your test results

The website (powered by Primary.Health) is secure and HIPAA compliant.

December 2021



How to Understand the Test Results

A POSITIVE test result means it is very likely (99%) that you DO have COVID.

- If you are not sure this test is correct, get a PCR test within the next 48 hours or talk to your doctor but **you should still isolate yourself while you wait for results.**

Read below:

About how to isolate to care for your family and community.

- If you had COVID less than 90 days ago, your test may be positive, even after you've finished isolation and are no longer contagious.

A NEGATIVE test result means that you most likely DO NOT have COVID right now.

- Your level might be too low for this test to detect at this moment.
- If you have COVID symptoms (especially loss of smell or taste), we recommend repeating this test in 1-2 days or getting the more sensitive PCR test.
- If you have had close contact with someone who tested positive, repeat this test 5-7 days after exposure, or immediately if you develop symptoms.

IF YOU TEST POSITIVE (vaccinated or unvaccinated)

- **Stay at home for at least 10 days** after you start feeling sick. You can end isolation after 10 days if symptoms are improving, and you are fever free for 24 hours without medications.
- If you never felt sick you can end isolation 10 days after your positive test was collected. Day 1 is the day after symptoms start or day after test date if no symptoms.
- **Stay away from the rest of your household members and do not go out in public**— including going to the grocery store, gas stations or other public areas.
- If you are not completely vaccinated and are over 65 or have medical problems, you may qualify to receive life-saving treatment. Contact a doctor as soon as possible.

Call Public Health to report all positive cases: (707) 565-4667

What if I have been exposed to COVID?

Exposure is defined as have been within 6 feet of someone who currently has COVID-19 for a total of at least 15 minutes over 24 hours

If you are Unvaccinated or Partially Vaccinated:

- **Stay at home** for at least 10 days after your last contact with the sick person and monitor for symptoms for 14 days.
- **If you have symptoms, get tested right away**
- **Do not go out in public**— including the grocery store, gas stations or other public areas.
- Take a PCR test at the laboratory on Day 5 after exposure. If you don't have symptoms, you may end your quarantine after 7 days IF the test is negative.

If you are Fully Vaccinated (more than 2 weeks after your 2nd vaccine dose)

- If you develop symptoms, **take a test right away.**
- If you don't have symptoms then you are not required to stay home but should get tested 5-7 days after last contact, wear a mask in public indoors and monitor for symptoms for 14 days.

