

About Rapid Antigen Tests

These are Rapid Antigen Tests (RATs), also called "at-home" COVID tests. RATs are unlikely to pick up positive cases until several days into an infection when viral load is high. Because of this, they must be used serially over many days for best accuracy. It is recommend to test daily after exposure or at the onset of symptoms. You are likely to be contagious before testing positive on RATs. We recommend taking precautions such as wearing an N95 mask and staying home during the days you are testing if you're able to.

After a positive COVID-19 test, two negative RATs on two consecutive days is an indicator that you may no longer be contagious, but it is possible to remain contagious and/or test positive again later (often called "rebound"). We recommend continuing to test for this reason, using all the tests provided to do so.

There are more accurate types of at-home tests like Lucira and Metrix that will pick up infections days sooner than these RATs can, including asymptomatic and presymptomatic infections. These tests can be found online but can be more expensive than RATs.



Written instructions
bit.ly/covidthroatswab



Video instructions
bit.ly/covidoralswabvideo

Using Rapid Antigen Tests

Every test kit includes manufacturer instructions for using the tests. In addition, a recent study showed that COVID-19 can show up in the throat before the nose. For this reason, it is recommended to swab both the throat and the nose when you take a RAT test. Scan the QR codes to learn how to swab your throat.