



# Yakima Health District

## Media Release

**For immediate release:** December 27, 2021

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### **COVID-19 Rapid At-Home Tests**

**Yakima, WA-** After several weeks of Yakima County participating in the initiative, *Say Yes! COVID Test At-Home* Testing program, supplies have now been exhausted and free rapid at-home test kits are no longer available to order online. However, for those who would still like to receive free rapid at-home test kits, the Yakima Health District (YHD) encourages community members to visit one of the [community-based organizations](#) that YHD has partnered with to help distribute these rapid test kits to families throughout the county.

### **How to Interpret COVID-19 Rapid At-Home Test Results**

As access to rapid at-home tests has increased, it is important to know what a negative or positive test result means and if additional testing is recommended.

#### **Positive Test Result**

For those that received a positive test result from their rapid at-home test, this means that the test detected the virus that causes COVID-19.

- *If the test result is positive and the individual has symptoms*, they should self-isolate until 10 days have passed since their symptoms first appeared, they've had no fever for at least 24 hours without the use of medication, and other symptoms are improving.
- *If the test result is positive and the individual has no symptoms*, they should self-isolate until 10 days have passed after the date of the positive test. If they develop symptoms after testing positive, they should follow the [isolation guidelines](#) for symptomatic individuals.

#### **Negative Test Result**

For those that received a negative test result from their rapid at-home test, this means that the test did not detect COVID-19. However, additional testing may be recommended.

- *If the test result is negative and the individual has symptoms*, they should isolate and receive a PCR test from their healthcare provider or testing site to confirm their result. If the test is positive from a PCR test, they should continue to isolate for the recommended time.
- *If the test result is negative and the individual has no symptoms*, they do not need to get a PCR test unless they become symptomatic.

Whether individuals tested positive or negative, it is important to continue to use preventative measures, such as wearing a mask and social distancing. Another tool individuals can use is WA Notify. WA Notify is a free tool that works on smartphones to alert users if they may have been exposed to COVID-19 without sharing any personal information. Individuals who received a positive at-home test result can now request a verification code through WA Notify, where they will enter their phone number and the positive test date. This will allow WA Notify to anonymously alert other users of a possible exposure. After individuals request a verification code, they can call the state COVID-19 hotline, 1-800-525-0127, then press #, to report their positive test result to Washington State Department of Health.



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## **Quote**

“COVID-19 remains widespread in our community and routine testing can help us to detect COVID-19 sooner to limit spread of the virus. As holiday gatherings continue, we encourage community members to get tested if they experience COVID-19 symptoms or have been exposed to COVID-19. We want to utilize the tools we have, such as vaccination, testing, and wearing masks to remain safe. Home testing with rapid results is also available and can be used to test yourself before attending any gatherings” -Dr. Neil Barg, Health Officer, Yakima Health District

## **Additional Information**

[www.YakimaHealthDistrict.org](http://www.YakimaHealthDistrict.org)

[www.YakimaTesting.org](http://www.YakimaTesting.org)

[CDC: Quarantine and Isolation](#)

[Washington Exposure Notifications- WA Notify](#)

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