

iHealth COVID-19 Test

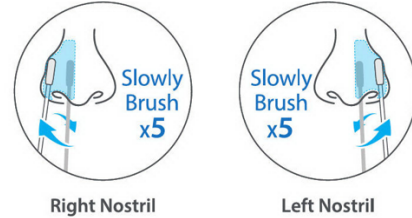
AT-HOME TESTING INSTRUCTIONS

TEST 3 DAYS BEFORE AND 1 DAY BEFORE
RETURNING BACK TO SCHOOL
OR ANYTIME YOU HAVE COVID-19 SYMPTOMS
[LINK TO INSTRUCTIONAL VIDEO AT END OF PAGE 2](#)

1

SWAB

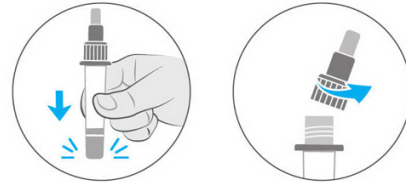
Gently insert the swab into nose and circle the swab, touching all sides of the nostril 5 times each side, for 15 seconds each side.



2

TAP & TWIST TUBE

Tap the tube vertically on the table and twist open the large orange cap.



3

STIR SWAB

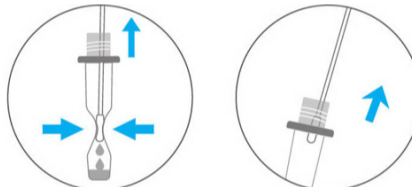
Insert the swab into the tube until touching test tube bottom with the swab tip. Stir at least 15 times.



4

SQUEEZE TUBE & REMOVE SWAB

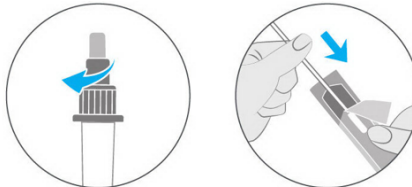
Squeeze the sides of the tube to remove as much liquid as possible from the swab. Remove the swab.



5

CAP THE TUBE

Screw back the large orange cap. Put the swab back into the package and throw the swab away.



6

TWIST OPEN WHITE CAP

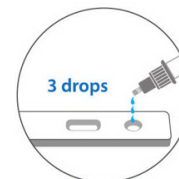
Twist open the small white tube cap.



7

ADD 3 DROPS TO THE TEST CARD

Add 3 drops of sample to the Sample Port of the COVID-19 Test Card. Recap the tube with the small white cap.



8

WAIT FOR 15 MINUTES

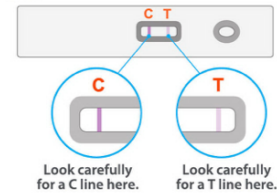
Start a 15-minute timer immediately after adding sample to the Sample Port. The result will be ready in 15 minutes.



9

READ RESULTS WITHIN 15-30 MINUTES

Results should not be read before 15 minutes or after 30 minutes.



10

POSITIVE

A positive means you have a COVID-19 infection. A positive will have a line in the 'C' section AND the 'T' section. If your test is positive, STAY HOME from school. Contact your doctor/healthcare provider and school right away.



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NEGATIVE

A negative means you are unlikely to have a COVID-19 infection. A negative result will only have a line in the 'C' section.



12

UNCLEAR

If there is **NO LINE**, or if there is **ONLY** a line in the 'T' section, the test is **INVALID** - the test did not function correctly. Retest with a new test kit. If upon retesting, the test result is still invalid, contact your doctor or healthcare provider.



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SHARE YOUR RESULTS ON PRIMARY.HEALTH

To report your test results log into the Primary.Health website through the link your school has provided, through the link below, or by scanning the QR code on the right. You may also call 650-275-5419. <https://my.primary.health/l/caschools>



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WATCH THE iHEALTH VIDEO

Scan the QR code on the right or click the link to watch video instructions on how to run the iHealth test on YouTube. https://www.youtube.com/watch?app=desktop&v=qBt_H4Gc-rU

