Self-Test at Home
How to use the iHealth COVID-19 self-test

1 ➝

2 ➝

3 ➝

4

Step 1:
Prepare Your Materials

You may have **Test Set 1** OR **Test Set 2** in the package. Please follow proper steps based on the specific set you received.

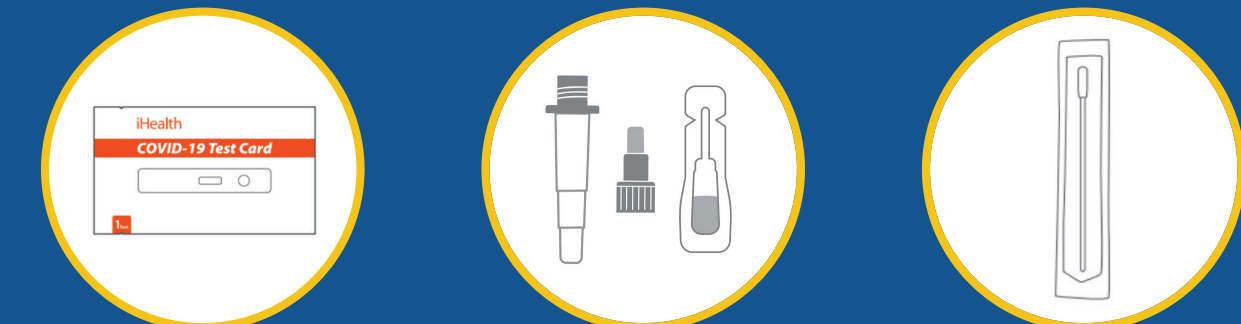**Test Set 1 will come with:**

COVID-19 Test Card

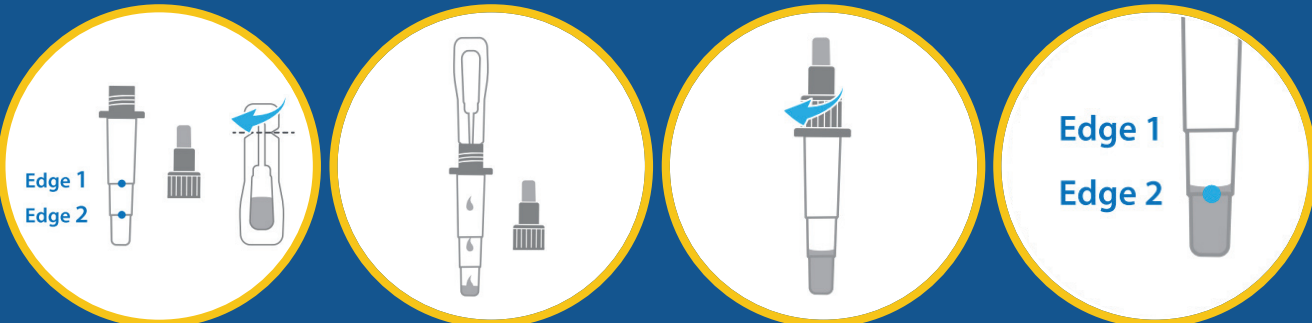Tube filled with the testing liquid

Swab

When you are ready to proceed with the test, open the COVID-19 Test Card's foil pouch
Please go directly to **Step ② Collect Your Sample**

Test Set 2 will come with:

COVID-19 Test Card

Empty Tube and Sealed Solution

Swab

Edge 1 / Edge 2

Edge 1 / Edge 2

Locate the two Edges on the empty tube, then squeeze the sealed solution into the empty tube
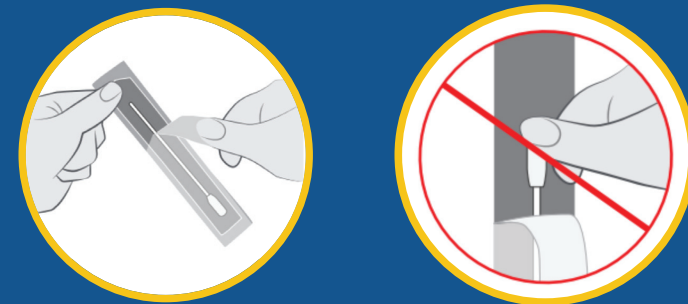Make sure the liquid level is ABOVE Edge 2*
When you are ready to proceed with the test, open the COVID-19 Test Card's foil pouch
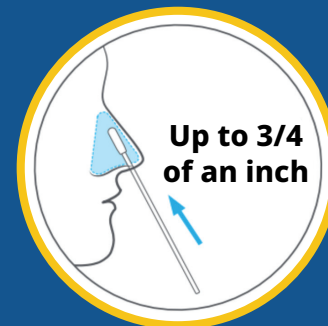Please go directly to **Step ② Collect Your Sample**

It is acceptable if the liquid is ABOVE Edge 2. However, please do not proceed with this test if the liquid level is below Edge 2, as this may result in false or invalid results.

Step 2:
Collect Your Sample

Remove the Swab from its package
DO NOT TOUCH THE TIP OF THE SWAB WITH YOUR FINGERS
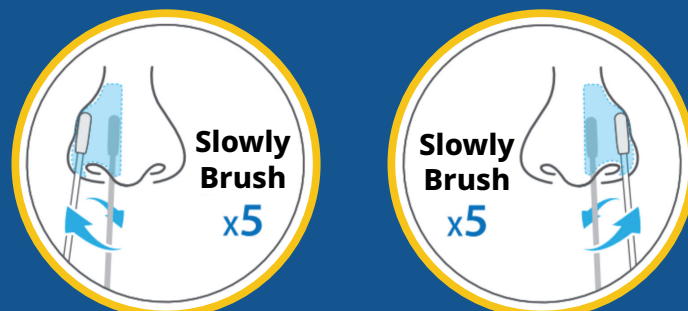**Keep the Swab package for later use**

Up to 3/4 of an inch

Gently insert the entire tip of the Swab (usually ½ to ¾ of an inch) into your nostril

With children, the furthest you can insert the Swab into the nostril may be less than ¾ of an inch, and you may need to have a second person to hold the child's head while swabbing

Brush the Swab against the insides of your nostril in a circle at least 5 times
Be firm and slow - take at least 15 seconds to collect the sample and be sure to collect any nasal drainage on the Swab
Using the SAME SWAB, repeat the process for the other nostril

Slowly Brush x5

Slowly Brush x5

You may get an incorrect test result if you don't collect enough sample with your Swab
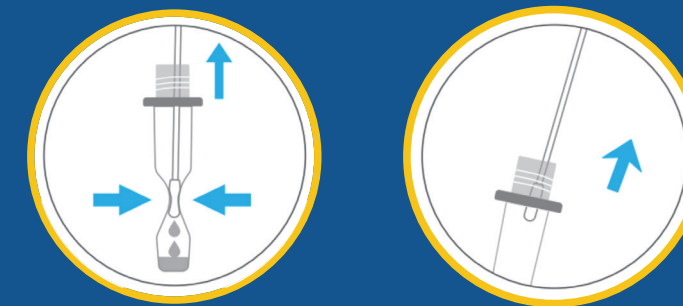
Step 3:
Process your sample

Tap the Tube vertically on a table and twist the large orange cap to open

Stir x15

Stir the Swab tip in the bottom of the Tube at least 15 times

Squeeze the sides of the Tube to get as much sample as possible out of the Swab
There may not be enough sample material to perform a test properly if you don't squeeze the Swab
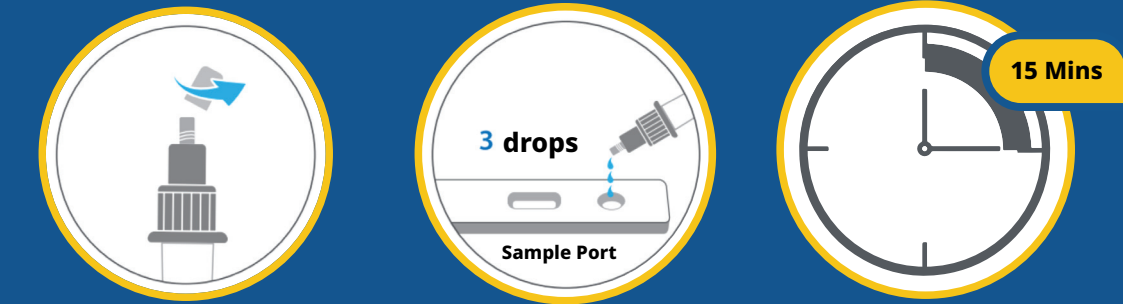
Remove the Swab and screw the large orange cap back on to the Tube

Put the Swab back into the package to dispose of

Step 4:
Add Sample

15 Mins

3 drops / Sample Port

Your sample is now in the Tube

To test your sample, open the small white cap of the Tube by twisting it

Add 3 drops of sample to the Sample Port of the COVID-19 Test Card

Screw back the small white cap

Wait 15 minutes for your results to be ready

Start the timer immediately after adding your sample to the Sample Port. The result will be ready in 15 minutes, and will expire after 30 minutes.
A false negative or false positive result may occur if the test result is read before 15 minutes or after 30 minutes.

Interpreting Results

COVID-19 Test — 15 Min — 3 drops

Positive Results

C T or C T or C T

Note that the T line might be faint.
A POSITIVE result must show BOTH a C line and a T line. A positive result means the individual is positive for COVID-19.

Go to mass.gov/COVIDselftest for what to do. You should contact your healthcare provider about your positive result, especially if you have any health conditions that put you at risk for serious disease from COVID-19.

Negative Results

C T

A NEGATIVE result will show ONLY a C line. A negative result means the individual is presumed negative for COVID-19.

A negative result does not completely rule out COVID-19. If you have symptoms of COVID-19, especially if you know you have been exposed to someone with COVID-19, get tested at a testing location or repeat the test after 1-2 days and consult your healthcare provider.

Invalid result: If there is NO LINE, or if there is ONLY a T line, the test did not work correctly. You will need to retest with a new test kit. If your new result is also invalid, get tested at a testing location or contact your healthcare provider.

Dispose of the test kit: After the test is completed, dispose of the kit components in the trash.