

# **MI Backpack Home Tests: Info for Participants**

## *An At-Home COVID-19 Testing Pilot Program for K–12 Settings*

### **Why am I getting this at-home test kit?**

You are getting this at-home test kit because you or a child in your home signed up for the MI Backpack Home Tests program. MI Backpack Home Tests is a pilot program to give Michigan K-12 students and school staff free COVID-19 at-home test kits for home use during the 2021-2022 school year.

### **When should I use this test?**

The test may be used if someone in your home experiences new symptoms that might be a COVID-19 infection, even if there was no known exposure to another person diagnosed with COVID-19. Symptoms of COVID-19 include fever, chills, cough, shortness of breath, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, vomiting, diarrhea, and skin rashes.

You may also use the at-home COVID-19 test for someone in your home who has been identified as a close contact of a person with COVID-19. We recommend performing the test on the person who was exposed 5-7 days after their last contact with the positive individual.

Do not wait to conduct an at-home test if, at any time, your child has difficulty breathing (for example, cannot speak in full sentences without stopping to take a breath) or is experiencing other emergency symptoms. Instead, call 911 or go to an emergency room. If you have any concerns about non-emergency symptoms your child is experiencing, contact your child's pediatrician.

### **Where should I store this test?**

Store your test at room temperature, ideally out of reach of small children or pets.

### **How do I use this test?**

Instructions for using the at-home test are included in each kit. Read through the steps to familiarize yourself before starting the testing process. You can also watch this quick HOW-TO VIDEO:

[shorturl.at/sjQ15](https://shorturl.at/sjQ15)

If you need help reading the test result, you can call the BinaxNow helpline at 1-833-637-1594.

### The test is negative, now what?

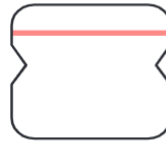
If the person tested had symptoms and the instructions were followed carefully, a negative result means the current illness is probably not COVID-19.

If the person tested is sick, they should still stay home until they have recovered and are fever-free for at least 24 hours without using fever reducing medicine. Consider getting tested at a testing site to confirm that the illness is not COVID-19. False negatives can occur with at-home testing.

If the person tested is not sick but was in contact with a person diagnosed with COVID-19 and the tested person is not fully vaccinated, they should stay home and quarantine for at least 10 days after the last contact with the person diagnosed with COVID-19. Consider re-testing 24-36 hours following the first negative test.

**Note:** The at-home test from the MI Backpack Home Tests Pilot Program typically cannot be used to discontinue isolation (for a person who has tested positive for COVID-19) or quarantine (for a person identified as a close contact to an individual diagnosed with COVID-19), unless you have received specific instructions on this from your local health department or school.

### Negative Result



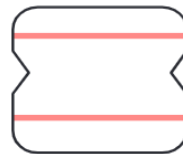
Pink/Purple Control Line

### The test is positive, now what?

The person who tested positive should:

- isolate away from others as much as possible, regardless of whether they have symptoms or not.
- stay at home and away from other people for 10 days after the date they first became sick (or 10 days after the date of the positive test if they do not have symptoms).
- wear a mask over their nose and mouth during those 10 days if they need to be in common areas of the home.

### Positive Result



Pink/Purple Control Line

Pink/Purple Sample Line

If your child tests positive, notify your child's pediatrician of the positive COVID-19 at-home test and discuss any concerns about your child's health you may have. If your child develops difficulty breathing or any other emergency symptoms, call 911 or go to an emergency room.

Notify your child's school of the positive at-home test result and the date your child became ill (or the date of their positive test if they do not have symptoms). It is particularly important to notify schools of potential exposures associated with any school-related activities or extracurriculars.

Next, notify close contacts of the possible exposure and their need to quarantine.

1. **Determine who was a close contact.** Starting from the date two days before you became sick (or the date you tested positive, if you do not have symptoms), try to recall everyone you were around (within six feet) for more than 15 minutes during a 24-hour period. These people are considered close contacts. When considering who to notify, think about home, work, school,

afterschool or extracurricular programs, worship, and recreation. People you spend the most time with are at the most risk of becoming ill.

- 2. Notify people that you've been around that they may have been exposed to COVID-19.** Call, text, or email your close contacts to let them know about the positive test result. Close contacts who are not fully vaccinated should quarantine away from other people for a minimum of 10 days after their last contact with you. Fully vaccinated close contacts do not need to quarantine but should wear a mask around others for at least 10 days and get tested 5-7 days after their last exposure to you.

An example of what to say to your close contacts:

"Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I was diagnosed with COVID-19 (or tested positive) on xxx date. We spent time together on xxx date, and I wanted to let you know so that you can get tested, protect your family and others within and outside your household. CDC recommends that you stay home, separate yourself from others for 14 days except to get medical care, get tested for COVID-19, and continue to monitor your health for symptoms of COVID-19."

You can also use the free website <https://tellyourcontacts.org/> to send an anonymous text or email to close contacts letting them know of their exposure while protecting your privacy.

At-home COVID-19 tests performed without direct oversight by a medical provider are only for personal use. If the at-home test result is positive, consider getting tested at a medical facility or lab that performs molecular (PCR) tests. A positive molecular (PCR) test result from a medical facility or lab confirms the COVID-19 infection and provides the necessary documentation that may prevent the need for future quarantine if your child has another COVID-19 exposure within the next three months.

### **Can I present negative results for the "test to stay" option at my school?**

Every school district is different. Talk to your local school district or health department regarding whether these tests fulfill local "test to stay" requirements.

If you have questions about the need to quarantine or isolate, how to notify your contacts, or how to report a test result to public health, call MI COVID HELP (866-806-3447). For more information about the MDHHS MI Backpack Home Tests Pilot Program please visit: {web address}