



WHAT TO KNOW ABOUT AT-HOME TESTS:

- You can use at-home tests whether you're vaccinated or not, or if you feel sick or not.
- Follow the instructions in the kit for performing the test.
- Use an at-home test before going to indoor gatherings with others who are not in your household.
- A negative at-home test result means that the test did not find COVID-19, but you could still be infected. To be extra safe, repeat the test within a few days, with at least 24 hours between tests.

WHEN AND HOW TO USE:

- You can use at-home tests if you feel sick or think you may have been around someone with COVID-19.
- If you don't feel sick the CDC recommends getting tested 5 days after you have been around someone with COVID-19.
- Even if you don't feel sick and have not been around someone with COVID-19, using an at-home test before being indoors with others helps lessen the risk of spreading COVID-19.
- This is especially important before being with unvaccinated people, older people, people who are immunocompromised, or people at risk of severe disease.
- Follow the instructions in the kit for performing the test.
- Watch a how-to video showing how to use the at-home test at www.cambridgema.gov/hometest.

IF YOUR TEST RESULT IS POSITIVE:

- If you test positive, you should isolate and tell your healthcare provider, as well as any close contacts. See below for more information about what to do if you test positive.
 - A close contact is someone who was less than 6 feet away from a person with COVID-19 for a total of 15 minutes or more over a 24-hour period.
- Stay home and isolate for 5 days.
- Wear a mask for 10 days if others could have contact with you.
- Tell your healthcare provider about your positive test result and stay in contact with them.
- If you are feeling very sick, call your primary care provider. If you have trouble breathing, **go to your local emergency room or call 911**.
- Tell your close contacts that they may have been around someone with COVID-19.
- A person with COVID-19 can begin spreading it starting 48 hours (or 2 days) before the person feels sick or tests positive.
- If you think your positive test result is wrong, contact your healthcare provider to find out if you need more testing.
- Cambridge residents who have food or supply needs due to COVID-19 should contact the Cambridge Economic

FREE COVID-19 PCR TESTING IN CAMBRIDGE:

- The City of Cambridge offers free COVID-19 PCR testing multiple days per week for anyone who lives or works in Cambridge.
- For more information, including hours and locations for testing, visit www.cambridgema.gov/testing.



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COVID-19 AT-HOME TEST INSTRUCTIONS

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iHealth®

COVID-19 Antigen Rapid Test Instruction for use

Model: ICO-3000

This product has not been FDA cleared or approved, but has been authorized by FDA under an Emergency Use Authorization (EUA). Please read all the information in this instruction for use before performing the test. For use with anterior nasal swab specimens. For In Vitro Diagnostic (IVD) Use Only.

Download App & Open App

Scan the QR code to download the "iHealth COVID-19 Antigen Rapid Test" App through your smartphone (iOS12.0+, Android 6.0+).

For a full list of compatible smartphones visit: <https://ihealthubs.com/pages/support-ICO3000>

Register and Log into The App

Watch Video in App
Each step has a corresponding instructional video in the App. Watch the video and perform the test according to the instructions.

Step by Step Instructions

1 Prepare Materials

Open the package, take out the COVID-19 Test Card in Pouch, the Tube filled with the extraction buffer and the Swab. When you are ready to proceed with the test, open the foil pouch of the COVID-19 Test Card.



1 COVID-19 Test Card In Pouch



1 Tube



1 Swab

2 Collect Sample

a. Remove the swab from its package, being careful not to touch the tip of the swab. Please keep the swab package for later use.



b. Gently insert the entire absorbent tip of the swab (usually 1/2 to 3/4 of an inch) into your nostril.



Note: With children, the maximum depth of insertion into the nostril may be less than 3/4 of an inch, and you may need to have a second person to hold the child's head while swabbing.

c. Firmly and slowly brush against insides of nostril in a circular motion against the nasal wall at least 5 times. Take at least 15 seconds to collect the specimen and be sure to collect any nasal drainage on the swab. Using the same swab, repeat the same sample collection procedure for the other nostril. Be sure to brush BOTH nostrils with the SAME SWAB.



Right Nostril

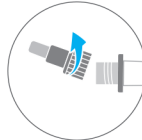
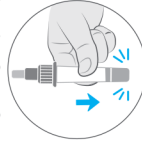


Left Nostril

Note: Failure to swab properly may cause false negative results.

3 Process Sample

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



5 Wait 15 Minutes

Start the timer by clicking the "Start Timer" button, immediately after adding sample to the Sample Port. The result will be ready in 15 minutes.

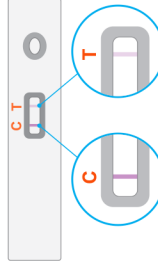


Note: Do NOT interpret your test result until after your 15-min timer has completed, as the T line may take as long as 15 minutes to appear.

6 Read Result

Results should not be read after 30 minutes (Result shown at 2x magnification).

Note: A false negative or false positive result may occur if the test result is read before 15 minutes or after 30 minutes.



Look carefully for a C line here.

Look carefully for a T line here.

Note: The T line can be extremely faint.

7 Test Result Explanation

Positive Result



A POSITIVE result must show BOTH a C line and a T line. A positive result means that viral antigens from COVID-19 were detected and the individual is positive for COVID-19.

Below are photos of actual positive tests. Please note that the T line may be faint.



Persons who test positive should self-isolate and seek follow up care with their physician or healthcare provider as additional testing and public health reporting may be necessary.

Negative Result



A NEGATIVE result will show ONLY a C line. A negative result means that viral antigens from COVID-19 were not detected and that the individual is presumed negative for COVID-19.

• Please note that negative results do not rule out COVID-19.

• In case of negative result: Continue to follow all social distancing recommendations and take protective measures. If suspicions of infection persist and/or your first test is negative, repeat the test after 1-2 days and consult your healthcare provider or local COVID-19 center.

• Note: A negative result is presumptive and confirmation with a molecular assay, if necessary, for patient management may be performed.

Individuals without symptoms that test negative should be retested again with at least 24 hours and no more than 48 hours between tests. Additional confirmatory testing with a molecular test for negative result may be necessary after second negative result for asymptomatic patients, if there is a high likelihood of SARS-CoV-2 infection, such as in an individual with as close contact with COVID-19 or with suspected exposure to COVID-19 or in communities with high prevalence of infection. Additional confirmatory testing with a molecular test for positive results may also be necessary, if there is a low likelihood of SARS-CoV-2 infection, such as in individuals without known exposures to SARS-CoV-2 or residing in communities with low prevalence of infection.

Invalid Result



If there is NO LINE, or if there is ONLY a T line, the test is INVALID. Invalid result means that the test did not function correctly. You will need to retest with a new test kit. If upon retesting, the test result is still invalid, contact your doctor or local COVID-19 center. An invalid result does not indicate if the individual did or did not have COVID-19 and should be repeated.

8 Dispose the Test Kit

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

9 Report Test Result

Report the result following the App instructions or share your test result with your healthcare provider.

In the USA:

(1) This test is intended to be used as an aid to the clinical diagnosis of a current COVID-19 infection. Do not use this test as the only guide to manage your illness.
(2) In USA - This product has not been FDA cleared or approved but has been authorized by FDA under an Emergency Use Authorization (EUA). This product has been authorized only for the detection of proteins from SARS-CoV-2, not for any other virus or pathogens. The emergency use of this product is only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(a)(1) of the Federal Food, Drug and Cosmetic Act, 21 U.S.C. § 360bbb-3(b)(1), unless the declaration is terminated, or authorization is revoked sooner.



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