



Baltimore City Health Department COVID-19 Rapid Test Kit Instructions: Congregate Care



Follow these instructions for your at-home rapid test kit. This test is authorized for home use for individuals 14 years old and older, or with adult-collected samples for those 2 years old and older. If your results are negative, it is still possible that you have COVID-19. You may need to get a PCR test if you suspect that you have COVID-19.

- 1. Open the test kit and carefully follow the instructions inside the box.** More instructions can be found <https://flowflexcovid.com/self-guided-support/>. An instructional video can be found online here: <https://www.youtube.com/watch?v=xtfp9PNyPRk>. The Flowflex kit includes only one test.
- 2. Follow the “AFTER THE TEST” instructions on the next page** according to your test result.
- 3. Report your results. This is especially important if you have a positive result.** If you test positive, your facility will report your results to the Health Department and assist with next steps as explained on the second page.

Report positive results to the Baltimore City Health Department COVID Call Center:

443-984-8650

or Maryland Department of Health At-Home Test Report Portal

<https://onestop.md.gov>

Note: the test kit is designed for personal use only. If you need a documented result for travel, employment, return to school, or other purposes, you should verify whether or not this test will satisfy the testing requirement. Please be aware of the expiration date on the test kit.

Additional testing options can be found at: <https://covidlink.maryland.gov/content/testing/>

Baltimore City Health Department COVID-19 Rapid Test Kit Instructions: AFTER THE TEST

If you test **POSITIVE**:

You are likely contagious. A positive test means it is likely you have COVID-19 and could spread it to others. Even if you have no symptoms and feel well, you should assume you are contagious. Next steps:

- 1. SHOW your result to your facility provider.** They will help you with next steps.
- 2. Work with your facility staff to establish a safe place to ISOLATE.** This may be separate sleeping quarters on the property, or at the Lord Baltimore TRI Center. Remain in separate quarters for at least 10 days and wear a mask around others until after day 10.
- 3. Tell your CLOSE CONTACTS** that they may have been exposed to COVID-19. A close contact is anyone who was within 6 feet of you for a combined total of 15 minutes or more over a 24-hour period. Work with your facility to identify anyone else that was a close contact.
- 4. Contact your DOCTOR.** Let them know that you tested positive for COVID-19 and follow any medical advice that they give. Monitor your symptoms and if you have emergency warning signs, seek emergency medical care. More information can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> and at covidlink.maryland.gov.
- 5. ANSWER the call.** If you are called by contact tracers, and see “MD COVID” on your phone, answer the call. More information can be found here: <https://covidlink.maryland.gov/content/answer-the-call/>

If you test **NEGATIVE**:

A negative result likely means that you do not have COVID-19 if you took the test while you had symptoms and followed all instructions carefully.

However, it is possible for a test to give a negative result in some people who have COVID-19 (this is called a false negative). You could also test negative if the test was taken too early in your infection. In this case, you could test positive later during your illness.

For questions, call the Baltimore City Health Department COVID Call Center: **443-984-8650**