

What is a Self-Test or At-Home Test?

Self-tests for COVID-19 give rapid results and **can be taken anywhere**. Self-tests along with vaccination, mask-wearing, frequent hand-washing, and physical distancing help reduce the spread of COVID-19.

When to Take an At-Home COVID-19 Test

TEST YOURSELF IF YOU:	TIMING
Have any COVID-19 symptoms	Right away
Were exposed to someone with COVID-19	At least 5 days after your exposure
Are going to an indoor event or gathering	<ul style="list-style-type: none">• Right before the event, or as close to the time of event as possible• Before being around people who can get really sick from COVID-19, older adults, or people who are not vaccinated or boosted, including children under age 5
Are traveling	Right before traveling, and 3–5 days after travel
Are regularly around a lot of people at work or socially and haven't gotten your COVID-19 vaccine or booster	Routinely. Weekly if contact is high, monthly if contact is moderate/low.

When to take a repeat (serial) test:

Initial test is COVID-19 Positive (+):

- You do not need to perform repeat testing if you have a positive result at any time

Initial test is COVID-19 Negative (-):

- To increase the chance that the negative result for COVID-19 is accurate, you should:
 - Test again in 48 hours if you have symptoms on the first day of testing.
 - Test 2 more times at least 48 hours apart if you do not have symptoms on the first day of testing

Where to find FREE at-home test kits:

Pickup:
For a list of sites in NYC where you can pick up free at-home testing kits, go to NYC.gov/covidtest
In-home testing:
In-home testing for COVID-19 is now available to all immunocompromised New Yorkers and those ages 65 and older. To schedule an in-home appointment, call (929) 298-9400 between 9:00 AM and 7:00 PM (7 days a week).

For additional information about testing, medical advice, quarantining, mental health support, and more, call the city COVID-19 hotline at 212-COVID19 (212-268-4319)