

# MI Backpack Home Tests: Info for Participants

*An At-Home COVID-19 Testing 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 program to give Michigan K-12 students and school staff free COVID-19 at-home test kits for home use during the 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.

## The test is negative, now what?

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

Actions to take in the event of a **NEGATIVE** test:

- Unwell: stay home until recovered and 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.
- Is feeling well but was in contact with a person diagnosed with a respiratory virus take the following precautions: hand hygiene, testing and clean air.

## The test is positive for respiratory virus, now what?

- Actions to take in the event of a **POSITIVE** test the Center for Disease Control (CDC) recommends:
  - Stay home and away from others for 24 hours before returning to normal activities if:
    - Your symptoms are getting better, OR
    - You are fever-free 24 hours (without meds)
  - Take added precaution for the next 5 days after symptoms get better and no fever for 24 hours without meds such as:
    - Testing
    - Masking
    - Social distancing
    - Hand hygiene
    - Clean air
- Please view the [Respiratory Virus Guidance](#) on the CDC website:

**Respiratory Virus Guidance Snapshot**

**Core prevention strategies**

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread\*

**Additional prevention strategies**

- Masks
- Distancing
- Tests

**\*Stay home and away from others until, for 24 hours BOTH:**

- Your symptoms are getting better
- You are fever-free (without meds)

**Then take added precaution for the next 5 days**

**Layering prevention strategies can be especially helpful when:**

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering