

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 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.

The test is negative, now what?

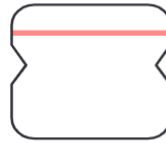
If the instructions were followed carefully, a negative result means the current illness is probably not COVID-19.

Actions to take in the event of a NEGATIVE TEST:

- Unwell (vaccinated or not): 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 (not fully vaccinated) but was in contact with a person diagnosed with COVID-19: 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.
- Is feeling well (fully vaccinated): no need to quarantine if feeling well, but consider taking extra precautions for 10-14 days, such as wearing a mask around others
- No risk factors: no further actions needed

Note: The at-home test from the MI Backpack Home Tests 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?

Actions to take in the event of a POSITIVE test:

ISOLATION

- Any individual who tests positive for COVID-19 and/or displays [COVID-19 symptoms](#) (without an alternate diagnosis or negative COVID-19 test) should isolate regardless of vaccination status:
 - Isolate at home for the first five days (starting with the day after symptoms began or day after test was taken for those without symptoms); and
 - If symptoms have improved or no symptoms developed, return to normal activities, while wearing a well-fitted mask, for the next five days to protect others.

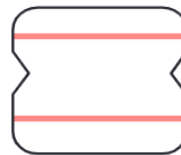
AND

- If individual has a fever, stay home until fever free for a period of 24 hours without the use of fever reducing medications before returning to normal activities while wearing a well-fitted mask, until the 10-day period is complete.

OR

- Isolate at home for 10 days if unwilling/unable to wear a mask.

Positive Result












Pink/Purple Control Line

Pink/Purple Sample Line


SEEK MEDICAL CARE IF YOU ARE AT HIGH-RISK OF BECOMING SERIOUSLY ILL DUE TO UNDERLYING HEALTH CONDITIONS LIKE CANCER, CARDIOVASCULAR DISEASE, COPD, DIABETES, or PREGNANCY

IF YOU EXPERIENCE DIFFICULTY BREATHING OR ARE EXPERINCING SERIOUS SYMPTOMS CALL 911 OR GO TO AN EMERGENCY ROOM

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).

	Who is Impacted	Public Health Recommendations
Isolation Has COVID-19	Any individual who tests positive for COVID-19 and/or displays COVID-19 symptoms (without an alternate diagnosis or negative COVID-19 test) regardless of vaccination status.	 Isolate at home for 5 days; and  If symptoms have improved or no symptoms developed, may leave isolation after day 5 and wear a well-fitted mask, for 5 more days (ending after day 10). [*] If positive with no symptoms, monitor for symptoms for 10 days as well.
	Quarantine Exposed to COVID-19	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  Monitor symptoms for 10 days.  Test 3-7 days after exposure or if symptoms develop. </div> <div style="width: 45%;">  Wear a mask around others for 10 days after exposure.^{**}  Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.^{***} </div> </div>
	Other exposure (from community, social, work setting).	 Monitor symptoms for 10 days.  Test if symptoms develop.  Consider wearing a mask around others for 10 days after exposure; at a minimum, mask in settings with higher risk of exposing vulnerable individuals. ^{***}

* If a mask cannot be worn, recommend 10 days of home isolation.
 ** If a mask cannot be worn, individual should home quarantine for 10 days. A Test to Stay protocol may also be developed in partnership between school and local health department.
 *** Activities with immunocompromised or other high-risk individuals, social/recreational activities in congregate settings.
 Personal/household contacts include individuals who share living spaces, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual. This would include exposure in childcare settings for those under 2 years of age.






Who should you notify of the positive result?

- Notify your doctor and discuss any health concerns you may have.
- Notify your child’s school with the date your child became ill (or the date of their positive test if they do not have symptoms).
- Notify close contacts of the possible exposure and their need to quarantine:

- Determine who was a close contact.** A close contact is someone who the positive person was:
 - within 6 feet of
 - for 15 minutes or more
 - over a 24-hour period
 - starting 2 days before symptoms started (or the date the person tested positive if not experiencing symptoms)
 - regardless of the use of masks or vaccination status

WHAT IS A CLOSE CONTACT?

The CDC defines a COVID-19 close contact as someone who:

	Spent a total of 15 minutes or more
	within 6 feet of a COVID-19 case
	during a 24-hour period.

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.
 - Contacts who are not fully vaccinated should quarantine away from other people for a minimum of 10 days after their last contact with the case.
 - Fully vaccinated 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 contact with the case.

Telling 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 5 days except to get medical care, get tested for COVID-19, and continue to monitor your health for symptoms of COVID-19.” If symptoms have improved or no symptoms developed, return to normal activities, while wearing a well-fitted mask, for the next five days to protect others.

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. An example of what that message looks like is shown to the right.

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).

Do I need Additional Testing?

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 and you are symptomatic, consider getting tested at a medical facility or lab that performs molecular (PCR) tests.

For more information about the MDHHS MI Backpack Home Tests Pilot Program please visit:
www.michigan.gov/schoolcovidtesting