

**Follow These Instructions For Your At-Home COVID-19 Rapid Test**

The Maryland Department of Health is offering free, rapid, at-home BinaxNOW COVID-19 test kits. For step-by-step instructions and to report your results, here's what you need to do.

**1**

**Download And Register For The NAVICA App**

Scan the QR code, search for "NAVICA" by Abbott in the Apple or Android app store, or go to the website [www.mynavica.abbott](http://www.mynavica.abbott). Register for a free account.



**2**

**Open The BinaxNOW Kit To Take Your Test**

Carefully follow the instructions inside the box or NAVICA app. If you need help, call Abbott at 833-637-1594.

**3**

**Report Your Results Using The NAVICA App**

Even if your test is negative, it is important that you report your results using the NAVICA mobile app or website.

**Note:** The test kit is designed for personal use only. If you need a documented result for travel, employment, events or other purposes, you should **verify whether or not the at-home test will satisfy the testing requirement.**

**Scan For How-To Video and More**



## After The Test

### If Your Test Is Positive

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

**Contact your healthcare provider.** Seek follow-up care from your healthcare provider as soon as possible, as you may need additional testing and treatment. Your healthcare provider will work with you to determine how best to care for you based on your test results, medical history and symptoms. **Ask your provider if you are eligible for treatment, such as monoclonal antibodies (mAb).** Monoclonal antibody treatment is not a cure, but it may lessen symptom severity. Information on eligibility for free monoclonal antibody treatment and other services is available on [covidlink.maryland.gov](https://covidlink.maryland.gov).

**You should self-isolate** at home and stay away from others for a minimum of 10 days.

**Tell your close contacts** that they may have been exposed to COVID-19. For COVID-19, a close contact is anyone who you were within 6 feet for a combined total of 15 minutes or more over a 24-hour period.

### If Your Test Is Negative

**You should use the second test in your BinaxNOW Kit to test again at least 36 hours after the first test.**

A negative test result likely means 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 specimen was collected too early in your infection. In this case, you could test positive later during your illness.