



PCPHA

PLUMAS COUNTY PUBLIC HEALTH AGENCY



Growing Healthy Communities

For immediate release:

Date: January 18, 2022

From: Public Information Officer Lori Beatley

Free At-Home COVID-19 (Antigen) Test Kits

Starting January 12, 2022, Plumas County Public Health Agency (PCPHA) made available to the general public free at-home COVID-19 test kits which were provided by the state or purchased by PCPHA through a grant. PCPHA worked with other county departments and local non-profit organizations to assist with providing multiple locations in four of our main communities: Quincy, Portola, Greenville and Chester.

Free at-home tests kits will continue to be available while supplies last; hopefully through February. Locations should receive more test kits once a week. Locations for distribution of free in-home test kits may change, so please go to county website <https://www.plumascounty.us/2839/COVID-19-Home>

The purpose of the at-home test kits is to make it easier for the general public to determine if an individual has COVID-19 and take appropriate action. This is important because people infected with the COVID-19 virus may have very mild or no symptoms.


The at-home test kits may be used for the following reasons:

- If you have been exposed (close contact) to a positive individual. Close contacts should test as soon as symptoms develop or five days from last contact.
- Prior to attending a gathering or other event
- Prior to traveling (Day before) or return from traveling (3-5 days after return)
- If experiencing COVID symptoms (Do not go into public places to get a test, ask a friend to pick one up or order from an on-line business)
- Day five after a previous positive test, if symptoms are not present or symptoms have lessened with no fever

If an individual test positive, they:

- **Should isolate** and NOT leave their residence unless they test negative after five days or have completed the ten-day isolation period.
- **Should NOT go into public places**, even with a face mask. If an in-home COVID test is needed during the isolation period, order it on-line from a business OR have someone else pick it.
- **Notify close contacts:** a close contact is anyone who was within 6 feet of a person with COVID-19 for at least 15 minutes over a 24-hour period starting from 2 days before symptoms appeared (or, for patients who do not have symptoms, 2 days prior to their test) until the time the patient is isolated.
- Continue to wear a well-fitting mask around others for a total of 10 days.
- Contact their healthcare provider as soon as possible if they have symptoms and are over 65 or have other medical conditions to discuss whether they might benefit from medical treatment (anti-viral or monoclonal treatment).

For more information go to county website <https://www.plumascounty.us/2839/COVID-19-Home>

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