Early in the COVID-19 pandemic, PCR tests were almost always used to detect the virus. Over the past 2 years, more and better antigen testing options have become available, making it easier and faster to get test results at home.

**Most situations**

**Home antigen tests are best for when you:**

- **Have symptoms** (retest after 24 to 48 hours if the first test result is negative)
- **Have been exposed to someone who tested positive** (test 5 days after exposure if no symptoms)
- **Plan to travel, attend a gathering, or spend time with people who are at risk for serious illness**
- **Need to show a negative test result for return to work** (employer policies may vary)

KP members can visit [kp.org/covidtesting](http://kp.org/covidtesting) to get the test you need, including no-cost home antigen tests delivered to your door.

**Limited situations**

**PCR tests are recommended when you:**

- **Are directed to get this test by your doctor**
- **Are attending an event or activity that specifically requires a negative PCR test result**

**What to do with a positive COVID-19 test result:**

1. Stay home, isolate, and share your positive test result with Kaiser Permanente on kp.org.
2. End isolation* after 5 full days if symptoms are improving and no fever for 24 hours. California requires a negative test to end isolation at 5 days. Otherwise, 10 days of isolation is required.
3. Wear a well-fitting mask around others and avoid travel for 10 full days.