# March Covid Update

# At-Home Test Kit Facts

It is OK to search online for information about at home health kits but doctors warn that the latest tips online are not always ideal. Nasal swabs are more effective than throat swabs and they are safer. It is important to get the nose swab in deep doctors say, or you risk a false negative. Saliva tests are also available. Users should follow instructions on the kits. Tests are most effective when the user is actually feeling sick, not before. So if they say swab the throat, swab the throat. There is no evidence that swabs can be used to insert microchips or anything else. Do not use nasal sprays or washes or blow your nose before taking the test. The at-home tests are not 100% (perhaps 75%) effective as testing for Covid. We are not sure about their effectiveness for the Omicron variant.

**How to get your at-home kits.**

<https://usps.com/covidtests>

By March 6, more tests will be at www.tests.gov.

**How much do they cost?**

The government-supplied kits are free (you can order up to four per household).

The tests at pharmacies depends on the brand. One goes for $6.00 for one kit, another is $25.00 for two kits.

**Will my insurance cover them?**

At home kits purchased elsewhere may not be covered by your Medicaid or private insurance.

**Other testing in Hamilton County:**

On-site COVID-19 testing is available at no cost if you live or work in Hamilton County.

* You do not need health insurance to get a test.
* If you have insurance, bring your insurance card. You do not need to pay a copay or co-insurance.
* You will not be asked about immigration status.
* Details about testing locations is located here: <https://healthcollab.org/testandprotect/>

**Are the test kits safe?**

At home kits do contain small amounts of sodium azide. If you store them at home, keep them out of the reach of children. Children’s hospital reports a few cases of minor illness that have been resolved at home, not requiring hospitalization.

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