



Serving the Towns of Alford, Great Barrington, Lee,
Lenox, Monterey, Mount Washington,
New Marlborough, Otis, Sheffield and Stockbridge

Mission: "To leverage partnerships, provide quality public health services and directly improve the health and well-being of the entire community."

At-Home Rapid Tests Expiring?

Some tips on what you should do if the expiration date on the box is approaching

1. **Look up the specific testing product online** – expiration date may have changed to a later date
 - Example: the tests sent out by the federal government Jan-Mar have expiration dates of April 2022 but have been extended 3 months based on ongoing stability study data
<https://ihealthlabs.com/pages/news#expiration>
 - FDA link with info about several other manufacturers whose tests were recently extended:
https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests?utm_source=CDRHTwitterD
 - You can also look up the testing company website online to find current test expiration dates organized by lot number
2. **You can still use the tests for a little while after their expiration date, but as more time goes by, the result becomes less accurate**
 - Always take a second test to confirm the result, using a test that has not expired yet
3. **Use the expiring test soon**
 - You can get more for free at the pharmacy counter (up to 8 test per month are covered by most insurances, including most Medicare plans, per federal mandate)
 - If you are not insured, free test kits are available at local federally qualified health centers like Community Health Programs
4. **Recommended times for using an at-home test:**
 - Whenever new symptoms appear. You may need to test for several days in a row if symptoms remain present but results are negative so far (this is less necessary in communities where there is low COVID-19 transmission).
 - 2-5 days after an indoor exposure to someone with COVID (testing on day 5 is most accurate but people can become positive 2 days after exposure to a large amount of virus)
 - 2-5 days after attending crowded or large events
 - No more than 12 hours before an unmasked, indoor interaction with a high-risk person (especially if it will last for 15 minutes or more and windows will be shut). If local transmission is high and you really want to be careful, a good approach is to test the evening before, and then again no more than 12 hours before the interaction.
 - Weekly, if you are at high-risk for severe COVID disease and are already prone to cold-like symptoms due to allergies or other conditions. The sooner you can identify an infection, the better chance you'll have of being prescribed an antiviral or antibody treatment to reduce your risk for severe COVID illness (treatment must begin within 5 days of symptoms beginning to be effective).

Additional questions? Contact Amy Hard, Lead Public Health Nurse: amy@tritownhealth.org or 413-717-7026