Dear Tribal Member,

This letter is to inform you that the CDC recommends testing for the COVID-19 virus. The Narragansett Indian Health Center would like to share the following information with you concerning COVID-19 and When to Consider Self-Testing:

1. Self-Testing kits for COVID-19: Self-tests may be used if you have COVID-19 symptoms or have been exposed or potentially exposed to an individual with COVID-19. Best to use the test 3-5 days after exposure.

Even if you don’t have symptoms, using a self-test before gathering indoors with others can give you information about the risk of spreading the virus that causes COVID-19. This is especially important before gathering with unvaccinated children, older individuals, those who are immunocompromised, or individuals at risk of severe disease.

A positive test result indicates that you likely have a current infection, and you should isolate and inform close contacts. Please refer to your package of papers provided with the test. A negative test at day 3 indicates that you may not be infected and may be at low risk of spreading disease to others, though it does not rule out an infection. Repeating the test at day 5 will increase the confidence that you are not infected.

2. NIHC continues to offer rapid and PCR testing for COVID-19. Testing is available M-F. Please call to schedule an appointment. If more than one person is being tested, please let the scheduler know at the time you are making the appointment so we can accommodate multiple tests.

3. You can also order free COVID-19 at-home test kits through a new government website and have them mailed directly to your home. Every household may order one kit (each kit contains four tests). Go To covidtests.gov to place an order.

4. NIHC will distribute home test kits to tribal members upon request. Each kit contains 2 tests. One per person per week, while supplies last. Tribal members will be allowed to pick up tests for other eligible members, but you will need to notify the scheduler at the time of arranging to pick up the test kits and provide the eligible member’s name(s).

5. Always be sure to call NIHC to arrange to pick up your test kit before coming to the health center. This will help us prepare to distribute the kits. When you arrive for your test kits, please call us at 401-364-1263 x 107. Someone will instruct you to pull up to the front of the building and bring a pre-arranged test kit out to you and kits for those for whom you may be picking up. We will need to know the make model and color of your car and plate number if possible.

6. After you test, if your COVID-19 test is positive, tell your healthcare provider about your positive result and stay in contact with them during your illness. To avoid spreading the virus to others, follow CDC’s guidance for isolation. Tell your close contacts that they have been exposed to the virus that causes COVID-19 and that they should get tested at days 3 and 5.
For COVID-19, a close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).

An infected person can spread COVID-19 starting from 2 days before they have any symptoms (or, if they are asymptomatic, 2 days before their specimen that tested positive was collected), until they meet the criteria for discontinuing home isolation.

We hope you all stay well!

Sincerely,

Your NIHC Team
BinaxNOW At-Home COVID-19 Test

1. This test kit includes supplies for 2 tests: 2 swabs, 2 test cards in pouches, 2 droppers and a user instructions form (Insert).
2. Wash your hands before starting the test
3. The test result is provided within 15 minutes
4. If your Covid-19 Rapid Test result is positive call your Healthcare provider, if you are a patient of the NIHC call 401-364-1263 ext. 107.

To conduct the test, FOLLOW INSTRUCTIONS ON INSERT. Insert the swab ½ to ¾ of an inch into the nostril, depending on the size of the person's nose.

Firmly rub the swab in a circular motion around the inside wall of each nostril at least 5 times. Be sure to rub both nostrils with the same swab.

**POSITIVE RESULTS:** If you see two pink/purple lines (one on top half and one on the bottom half), this means COVID-19 **WAS** detected.

**NEGATIVE RESULTS:** If you see only one pink/purple line on the top half, where it says "Control" this means COVID-19 **WAS NOT** detected.

Take a picture of the test strip results using your cell phone when in doubt. Contact NIHC (401) 364-1263 ext. 107 with any question or concerns.
1. Follow instructions very carefully.

2. Use the QR code below for more information about self-testing and how-to videos.

3. If your results are positive, isolate yourself from others. As much as possible, stay in a specific room and away from other people and pets in your home.

4. Tell your close contacts that they may have been exposed to COVID-19.

Call your health care provider with any questions, including if you have worsening COVID-19 symptoms.

www.cdc.gov/covidtesting
COVID-19

Families with Vaccinated and Unvaccinated Members

Updated Nov. 3, 2021

What You Need to Know

- If you've been fully vaccinated against COVID-19, you've taken the first step toward protecting yourself and your family and returning to many of the activities you did before the pandemic.
- To maximize protection from the virus that causes COVID-19 and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.

How can I protect my unvaccinated family members?

These are the best ways to protect your unvaccinated family members, including children who cannot get vaccinated yet:

- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting COVID-19 and can also reduce the risk of spreading it.
- Be sure to get everyone in your family who is 5 years or older vaccinated against COVID-19.
- Wear a mask.
  - To maximize protection from the virus that causes COVID-19 and prevent possibly spreading it to others, have everyone in your family, even those who are vaccinated, wear a mask indoors in public if you are in an area of substantial or high transmission.
  - You might choose to have everyone in your family, even those who are vaccinated, wear a mask indoors in public regardless of the level of transmission in your area.
  - Unvaccinated family members, including children ages 2 years and older, should wear a mask in all indoor public settings.
    - To set an example, you also might choose to wear a mask.
    - Do NOT put a mask on children younger than 2 years old.
Find a COVID-19 vaccine or booster: Search vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

How do I protect a family member who has a condition or is taking medications that weaken their immune system?

- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting COVID-19 and can also reduce the risk of spreading it.
- People who have a condition or are taking medications that weaken their immune system may NOT be protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.
- If you live with someone who has a weakened immune system or is at increased risk for severe disease, you might choose to wear a mask in all indoor public settings regardless of the level of transmission in your area.

Choose safer activities for your family.

- Outdoor activities are safer than indoor ones. If you are indoors, choose a location that is well ventilated, for example a room with open windows, and know when to wear a mask.
- Avoid activities that make it hard to stay 6 feet away from others.
- If your family member is younger than 2 years old or cannot wear a mask, limit visits with people who are not vaccinated or whose vaccination status is unknown and keep distance between your child and other people in public.

Regardless of which safer activities your family chooses, remember to protect yourself and others.

Important Ways to Slow the Spread of COVID-19

- Get a COVID-19 vaccine as soon as you can. Find a vaccine.
- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Stay 6 feet apart from others who don’t live with you.
- Avoid crowds and poorly ventilated indoor spaces.
- Test to prevent spread to others.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren’t available.

If you are fully vaccinated, see When You’ve Been Fully Vaccinated.

Related Pages

- Stay Up to Date with Your Vaccines
- Key Things to Know About COVID-19 Vaccines
- Your Guide to Masks
- How to Protect Yourself & Others