



**SAY COVID TEST**  
**YES!** KEEP OUR COMMUNITIES SAFE

# Yakima Health District

## Media Release

**For immediate release:** December 7, 2021

**Contact:** Stephanie Badillo-Sanchez, Communications Specialist

509-941-7364

### **Say Yes! COVID Test Program Offers Free, Rapid, Self-Administered Tests to Individuals in Yakima County to Reduce COVID-19 Spread**

**Yakima, WA-** Yakima County has been chosen to participate in the national initiative *Say Yes! COVID Test At-Home* Testing program, which provides households with access to free, rapid COVID-19 test kits that they can self-administer. *Say Yes! COVID Test* encourages individuals to use the tests to reduce the spread of COVID-19 and keep the community healthy. Individuals in Yakima County can [order testing kits online](#) for free home delivery.

The *Say Yes! COVID Test* initiative is a [cooperative effort](#) from the National Institutes of Health (NIH), the Centers for Disease Control and Prevention (CDC), community partners, test manufacturer Quidel, and healthcare technology company CareEvolution. Participating state and local health departments help connect the initiative to local community members. Researchers at NIH-supported academic health centers will work with CDC and NIH to use publicly available data to determine if the local testing efforts slowed the spread of COVID-19.

Rapid, self-administered testing has potential to disrupt the spread of COVID-19 that occurs when people are infected, but don't yet have symptoms. Testing on a routine basis offers the best chance of identifying COVID-19 infection and isolating early. The COVID-19 tests are authorized for use by the FDA, provided **free of charge**, and the entire testing process can be managed privately at home for anyone over the age of 2. Tests require a quick swab inside each nostril, and results can be read in just 10 minutes. A free, private, and easy-to-use mobile application is available to help individuals in every step of test taking.

Starting on Tuesday, December 7<sup>th</sup> individuals in Yakima County can visit the [SayYesCovidHomeTest.org](https://SayYesCovidHomeTest.org) to order test kits for doorstep delivery. This program will be available to community members through the end of December or until the over 1 million kits available to participating counties in Washington State are utilized.

Results from these self-administered, self-swab, rapid COVID-19 tests **will not** be able to be used in any official capacity such as proof of negative test for travel, events, return to work or school.

If you have questions about the *Say Yes! COVID Test* project, visit [SayYesCovidHomeTest.org](https://SayYesCovidHomeTest.org).

### **Positive COVID-19 Test**

If individuals received a positive COVID-19 test, it is important to self-isolate regardless of their vaccination status. This means they will need to:



**SAY COVID TEST**  
**YES!** KEEP OUR COMMUNITIES SAFE

# Yakima Health District

- Monitor their symptoms. If they have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.

If individuals are unable to limit contact with other members in the household, they should wear a mask.

For those that had COVID-19 and had symptoms, their isolation period can end after:

- 10 days have passed since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving.

## Quotes

“We welcome the opportunity to participate in the *Say Yes! COVID Test* initiative. Community members, including those who are not yet fully vaccinated or at high risk, need more accessible tools to inform their choices. Free, rapid, self-administered testing will give community members one more way to help reduce the spread of COVID-19.” -Andre Fresco, Executive Director, Yakima Health District

“COVID-19 testing remains crucial in our fight against infection caused by this virus. This program will provide free rapid COVID-19 tests to community members, which they can utilize in their homes and obtain the results in minutes. As COVID-19 remains widespread in our community, frequent testing and knowing whether you are positive, can begin to limit the spread of COVID-19. As the holiday season approaches, and so do gatherings, we encourage households to have these rapid tests on hand, and readily available. If you now know you are infected, you will want to stay home, to reduce the spread of COVID-19.” -Dr. Neil Barg, Health Officer, Yakima Health District

## Additional Media Contacts

CareEvolution: Vik Kheterpal, MD, [vik.kheterpal@careevolution.com](mailto:vik.kheterpal@careevolution.com)

National Institutes of Health (NIH): Raymond MacDougall, [raymond.macdougall@nih.gov](mailto:raymond.macdougall@nih.gov)

## Additional Information

[www.SayYesCovidHomeTest.org](http://www.SayYesCovidHomeTest.org)

[www.YakimaVaccines.org](http://www.YakimaVaccines.org)

[www.YakimaTesting.org](http://www.YakimaTesting.org)

[CDC: Quarantine & Isolation](#)