

## Wade Redman, Ph.D.

Which is the most reliable COVID-19 test and why?

00:05

That would be the PCR tests, which is a molecular test, that's also known as a nucleic acid test. It picks up the pieces of genetic material. In this case, it's RNA for the COVID virus. It's very accurate and very precise, and sensitive.

How can we make sure we're using at-home tests properly?

00:24

First and foremost, read the instructions, read the instructions and read the instructions. Fortunately, they usually come with instructions as well as like a diagram or pictures to show you exactly what to do, the timing of it, as well as the results, how to interpret the results. Pay attention to those things and have a timer on your phone or kitchen timer, and you'll be fine.

Can testing materials be reused?

00:49

No, they cannot. Once they're used, they're done.

If one person in the family tests positive do the rest of the family members need to be tested?

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Well, let me answer it this way. If you're fully vaccinated or have had COVID-19 in the last 90 days you don't have to be tested. But if you're symptomatic, you would but you don't have to be. What is recommended would be to wear a mask wherever you go and to ask your employer when you can return. Most likely just wear a mask for 10 days and you'll be okay.

Can you explain false results for testing?

01:23

False results for PCR that doesn't happen very often because they're highly accurate. Okay, for false negative results for the rapid test which the government is giving out does happen. The reason being is the virus sometimes isn't the level at where it needs to be to detect it. They're not quite that sensitive. That's one reason another reason is you didn't do that specimen collection correctly, you went crazy. Instead of doing your nose swab, you did a throat swab, or you didn't listen to timing, look to see if the kit is expired, they do expire. So it's important to look at those as well. And sometimes they're just bad, invalid results, which can happen.

How often should someone with a negative or positive result get retested?

02:07

You really shouldn't have to do that. If you're positive for it, you've had it right, contact your doctor. Be sure that you're healthy and well. If it gets worse, be sure and contact your doctor, he may want you to test again, I doubt it but maybe test for something else. If it's negative, I wouldn't continue to test the negative. The only caveat I would add is if you're symptomatic, obviously test but if you're not, and you have someone in your family or friend that's immunocompromised, you certainly don't want to expose

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them to that and not knowing you're symptomatic or asymptomatic in carrying it so you want to be sure I would get a rapid test or PCR test. Probably every three to four days if you can just to make sure you don't expose them, but I certainly wear a mask.

How do we dispose of used tests?

02:07

Just throw them in the trash. Throw them in the trash, dispose them immediately put them in your dumpster away from your pets, children or anybody else.