

Mayo Clinic Minute: COVID-19 at-home tests

Respiratory illnesses, like COVID-19, flu, strep throat and RSV, are common in the fall and winter. Because COVID-19, influenza and RSV symptoms can overlap, it's not always easy to tell them apart.

Taking a home antigen test for COVID-19 is a simple first step if you feel unwell or were exposed to the virus.

But what about those COVID-19 tests you've had for the last year? Are they still good? [Dr. Matthew Binnicker](#), director of the Clinical Virology Laboratory at Mayo Clinic, offers some guidance about COVID-19 testing.

Video.	Audio
	The flu, RSV and COVID-19 are caused by different viruses with similar early symptoms.
Matthew Binnicker, Ph.D. Laboratory Medicine and Pathology Mayo Clinic	"... sore throat, some body aches, a cough, runny nose. And taking that COVID-19 antigen test is a good first step."
	If you have a stack of COVID-19 at-home tests, Mayo Clinic's Dr. Matthew Binnicker says check the Food and Drug Administration's website.
	"I know there's been concern about some antigen tests expiring, and what you can do is you can go on to a website that's publicly available."
	Many COVID-19 tests have extended expiration dates, so they may still be usable.
	Dr. Binnicker says prevention remains one of the most important tools.
	"It's really important to get the updated COVID vaccine that's based off of more recent strain to help reduce the chance that you can be infected and, most importantly, come down with a severe case."
	For the Mayo Clinic News Network, I'm Joel Streed.

TAG OUT: In the U.S., each household is eligible to order four free at-home COVID-19 tests.