How to order **FREE** COVID-19 tests from the United States Postal Service (USPS)

*Last updated January 28, 2022*

Steps for ordering the tests online

परीक्षणहरू अनलाइनबाट मगाउनका लागि चरणहरू

1. Go to [https://special.usps.com/testkits](https://special.usps.com/testkits)
2. Complete the form which only asks for your name, address and if you want updates, your email (providing an email is not required). You do not need to provide any other personal information.

The beginning of the form says:

फारमको सुरु मा भनिएको छ:

*Place Your Order for Free At-Home COVID-19 Tests*

नि: शुल्क COVID-19 परीक्षणहरूको लागि घरमै मगाउँ होस्

Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com. Here’s what you need to know about your order:
The International Rescue Committee helps people whose lives and livelihoods are shattered by conflict and disaster to survive, recover and regain control of their future.

The National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) is funded by the U.S. Centers for Disease Control and Prevention to support health departments and community organizations working with refugee, immigrant, and migrant communities that have been disproportionately affected by COVID-19. Learn more at nrcrim.org. Last update: 1/28/2022
Step 2: Input the address you want tests shipped to

- Your first and last name again.
- Your street name, apartment number if relevant, city, state and zip code.
- तपाईंको सडकको नाम, सान्दर्भिक भएसा अपार्टमेंट नम्बर, सहर, राज्य र जिप कोड।

Step 3: Next you will see a privacy statement

- There is nothing you need to do here.
- तपाईंले यहाँ के ही गरी आवश्यक छैन।
- The privacy statement shares that your information will be used to send you the tests. This information will not be shared with third parties without consent.

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Step 4: Next you click on the green button that says “Check Out Now”

चरण ४: अब तपाईले “Check Out Now” भने हाम्रो बटनमा दब्नुहुन्छ।

Step 5: You will be asked to review your order to make sure your address is correct.

चरण ५: तपाईको ठेगाना सही छ भनी सुनिश्चित गर्न तपाईलाई मगानु समीक्षा गर्नको लागि सोधिने।

• If you notice any of your information is incorrect, you can click on the blue link that says “Edit”.
• यदि तपाईले आफ्नो कुनै पति जानकारी गल्त भएको देखिए। भने, तपाईले “Edit” भने निलो लिङ्कमा दबान सक्नुहुन्छ।
• After your review, click on the green button that says “Place my order”.
• तपाईको समीक्षा पछि, “Place my order” भने हाम्रो बटनमा दबानु होस्।

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- A message will come on the screen confirming that your order has gone through.
- फ्ल्स्क्रनमा एउटा सन्देश आउनेछ जसले तपाईले मगाइएको पुढी गर्दछ।

**Steps for ordering the tests by phone**

फोनबाट परीक्षणहरू मगाउने चरणहरू

1. If you have difficulty completing an online form or prefer to talk to a representative, call 1-800-232-0233. This line is available every day, from 8am to midnight Eastern Time. Assistance is offered in over 150 languages.

बिदि तपाईलाई अनलाइन फार्म भन्ने कठिनाइ छ र प्रतिनिधिसँग कुरा गर्न चाहनुहुन्छ भने, 1-800-232-0233 मा कल गन्तहोस्। यो लाई होको विडि, बिहान एक देखि मध्यसार्थ पूरी समय सम्म उपलब्ध छ। १५० भन्दा बढी भाषाहरूमा सहायता दिलाई छ।

2. When you call you will hear a message saying “Thank you for calling the COVID-19...” in English. They will then say to continue in English press 1, and after will list several other language options (e.g., Spanish, Tagalog). If you do not hear your language, you can choose option 7 for other languages.

तपाईले कल गद्दै अंग्रेजीमा “Thank you for calling the COVID-19...” भने सन्देश सुनुहोस्। तिनीहरूले त्यसपछि अंग्रेजीको लागि १ देखि होस्। भनेकुनौ १ पछि सूचीबद्ध रूपमा (उदाहरण लागि, स्पेनिश, तागालोग) लगायत अन्य भाषाहरू विकसित गन्तहोस्। बिदि आफ्नो भाषा सुनौ भए भने, तपाईले other languages छ्नोट गर्न विकसित ७ देखि होस्।
3. When the representative answers, tell them the language you need and they will get an interpreter on the line.

जब प्रतिनिधिले जवाफ दिन्छ, उनीहरूलाई तपाईले आवश्यक भाषा बताउँदै र उनीहरूले फोनमा दोभाषी को व्यवस्था गरेउँछ।