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Healthline Scores: How We Review At-Home Health Tests

Written by The Healthline Editorial Team on March 4, 2024

Why we do this | Our scoring system | Concerns | Takeaway

We often mention our extensive vetting process and how we carefully evaluate each product and brand before it gets included in our articles. Here, we break down the process when it comes to vetting at-home health tests and discuss the criteria behind our scoring system.

Why we thoroughly vet all brands and products

Every product, service, or brand that we recommend has gone through numerous considerations before it makes the cut. To start, Healthline's rigorous vetting process makes sure that you'll see only recommendations that we stand behind.

Every product we recommend and every brand we work with is thoroughly vetted by our team for:

- medical credibility
- product quality
- company reputation
- good business practices

Our scoring process for at-home health tests

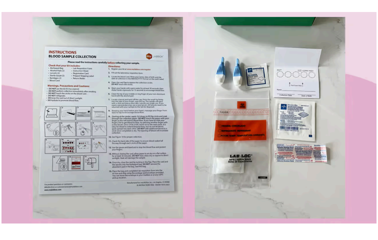
If a test passes vetting, then we put it through our scoring rubric. This means that we rate it based on a range of factors, then average those individual scores to generate the overall Healthline Score that you see displayed in the article. We believe that the higher the overall score is, the greater value the product has for users.

The factors we consider include:

- the cost of the test
- the ease of sample collection
- how long it takes to get results
- whether the brand accepts insurance
- what type of guidance is included with test results
- the shipping cost

Cost of test

The price of at-home tests can range from less than $20 to more than $600. Some testing companies offer subscriptions that allow you to receive credits toward the purchase of additional tests.



Ease of testing

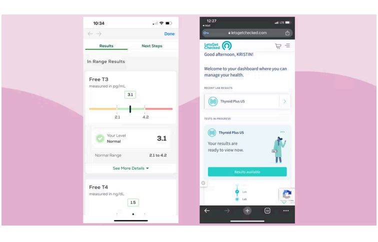
We calculate how easy the test is to use by considering whether you can collect your test sample at home or if you must go to a lab to have a sample taken by a technician. Plus, we check whether the test requires one sample (saliva or blood or urine, etc.) or more than one sample.

Result window

This refers to how long it takes to get your test results back. The length of time — which can be minutes, days, or weeks — is determined by a couple of factors.

First, it depends on whether the test provides immediate results, as in pregnancy tests or some COVID tests. These are called specimen-and-result tests or rapid tests.

For specimen-only tests, the result window is longer. This is because a laboratory must receive the test sample, analyze it, and then return a result. These results are typically measured in business days.



Insurance accepted

Major insurance policies do not cover most at-home tests. That said, you may be able to pay for the tests with funds from a flexible spending account (FSA) or health savings account (HSA). In some cases, at-home test companies will give you a receipt that you can submit to your insurance company for possible reimbursement.

Guidance provided

Many test companies offer some level of guidance for a positive test result. This may come in the form of a follow-up call or message from a health professional, such as a nurse or physician. For an additional fee, some companies allow you to make an appointment with a healthcare professional who can help you plan your next steps.

Other guidance may include educational materials or the option to connect with a health professional about your test result on an online communication platform.

Shipping

The cost of shipping can be a deciding factor in whether a test kit feels affordable. We score tests on whether shipping is free or if you need to pay extra.

A note about medical credibility

Direct-to-consumer at-home health tests are not typically reviewed by the Food and Drug Administration (FDA). This may be changing, though. The fast growth of this field has led to calls for greater oversight.

In addition to federal CLIA certification, which laboratories that handle human specimens are required to have, many companies also seek CAP accreditation for their labs.

While at-home health tests are designed for information only and are not meant to be diagnostic, they still come with risks. For example, direct-to-consumer tests have varying levels of evidence that support their claims.

Other concerns range from the potential for human error in taking the test to privacy protections.

There's also the risk of potential self-diagnosis and action based on an at-home test result. All results should be interpreted in conjunction with a history and physical by a healthcare professional.

Summary

Only at-home health tests that pass our strict vetting process are eligible to receive a Healthline Score. From there, we rate the tests based on specific criteria, which then generates the overall score displayed.

We share this information to help you determine the best at-home health test for your needs, priorities, and budget.

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Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available.

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How to Get the Smell of Gasoline Off Your Hands

Medically reviewed by Amanda Caldwell, MSN, APRN-C — Written by Tess Catlett on April 7, 2025

Dish soap | Baking soda | Citric acid | Coffee grounds | Rubbing alcohol | Hand sanitizer | White vinegar | Takeaway

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Start by washing your hands with dish soap and hot water. In some cases, a combination of techniques may be necessary.

If gasoline gets on your hands, cleaning it off as soon as possible is important. Gasoline contains compounds that can break down your skin's natural oils, leading to cracks, irritation, or inflammation.

While brief exposure might not lead to significant harm, repeated or prolonged contact could allow these chemicals to enter your bloodstream.

When gasoline is on your hands, especially in large amounts, the vapors can linger in the air. Breathing in gasoline vapors for extended periods can cause headaches, dizziness, and nausea.

If you can't wash your hands promptly, it's a good idea to avoid activities where you might inadvertently inhale these vapors, like touching your face or eating.

> **FIRE HAZARD**
> Gasoline is highly flammable. Having gasoline residue on your hands increases the risk of catching fire if you come into contact with an open flame or heat source.
>
> Even small amounts of gasoline left on your skin can pose a risk, especially in work environments involving machinery, welding, or other potential fire hazards.

Dish soap and hot water

The simplest way to remove the smell of gasoline is to wash your hands with dish soap and hot water. Manufacturers design dish soap to break down oils and grease, which makes it effective for removing gasoline residue from your skin.

Since gasoline is oily, dish soap helps to emulsify the hydrocarbons, allowing them to wash away. Hot water further aids in breaking down the oils and helps to lift them from your skin.

Apply a generous amount of dish soap to your hands. Scrub your hands together for at least 20 to 30 seconds, paying attention to areas between your fingers and under your nails.

Rinse thoroughly with hot water, and repeat if necessary.

Baking soda

Baking soda is another effective natural cleaner that can absorb odors. Its mildly abrasive texture helps scrub away any gasoline residue clinging to your skin.

Start with damp hands. Sprinkle a small amount of baking soda onto your palms, and add more water as needed to create a paste-like consistency.

You can also add a few drops of dish soap to the baking soda for an extra cleaning boost. Rinse thoroughly and repeat if necessary.

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Lemon or lime juice

Citrus fruits, like lemon and lime, contain natural oils and acids that can cut through gasoline's greasy residue while also neutralizing odors. The fresh scent of citrus will also help mask the gasoline smell.

If you have a fresh lemon or lime, cut it in half and rub the juice directly onto your hands. You can also use pre-squeezed lemon or lime juice or, if you prefer, mix the juice with baking soda to create a scrub.

Let the juice sit for a minute or two, or vigorously scrub the mixture into your skin for at least 20 to 30 seconds. Rinse thoroughly and repeat if necessary. Discontinue use if you develop contact dermatitis.

Coffee grounds

Coffee grounds have a strong, pleasant odor that can help mask the gasoline smell. They also have a coarse texture that can work as a natural exfoliant to scrub off any gasoline residue.

Used coffee grounds work just as well as fresh grounds. Rub the grounds thoroughly onto your hands, focusing on the areas with the strongest odor.

You can also use coffee grounds with a small amount of dish soap for added effectiveness. Rinse thoroughly and repeat if necessary.

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Rubbing alcohol

Rubbing alcohol is a powerful solvent that can break down the oils in gasoline, making it easier to remove from your hands.

Pour a small amount of rubbing alcohol onto a cotton ball or directly onto your hands. Rub it into the areas where the gasoline smell is strongest for 20 to 30 seconds. Rinse thoroughly and repeat if necessary.

Hand sanitizer

Hand sanitizer containing ethanol or isopropyl alcohol can help dissolve gasoline oils and neutralize the smell.

However, it's less effective than using rubbing alcohol directly, as manufacturers dilute hand sanitizers with other ingredients. Still, in a pinch, it can help remove some of the odor.

Apply a generous amount and rub your hands together for at least 20 to 30 seconds. Allow your hands to dry, and repeat if necessary.

White vinegar

Vinegar is another effective solution for neutralizing odors. Its acidity helps break down the compounds in gasoline, while the vinegar scent can overpower the gasoline smell.

Pour a small amount of vinegar into a bowl or onto a washcloth. Rub the vinegar onto your hands for 30 seconds, then rinse thoroughly with warm water.

You may need to wash with hand or dish soap afterward to remove the lingering vinegar scent.

The bottom line

To remove the gasoline, use soap and water, rubbing alcohol, baking soda, or another cleaning method.

Be sure to wash thoroughly, especially between your fingers and under your nails, to remove any residue. Finish with a hand cream or lotion to prevent dryness and irritation.

Get medical attention if you experience skin irritation or symptoms like dizziness, headaches, or nausea. Avoid touching your face, eating, or smoking until you thoroughly clean your hands.

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