



Should I Be Tested for COVID-19?

It is important to know when you should get tested for COVID-19 (also called coronavirus). Some people can get tested at work or nearby.

1. When should I be tested for COVID-19?

- If you have been close to someone with COVID-19 for more than 15 minutes.
- If you have signs of sickness. Signs may start 2-14 days after you get COVID-19:
 - Fever or chills
 - Sore throat
 - Shortness of breath or difficulty breathing
 - Diarrhea
 - Congestion or runny nose
 - Cough
 - Fatigue
 - Muscle pain
 - Nausea or vomiting
 - Headache
 - New loss of taste or smell



Seek emergency medical care immediately if you have any shortness of breath or chest pain. Have someone dial 9-1-1 to get emergency help.

2. What do I do if my COVID-19 test is **POSITIVE**?

- If your test is positive, you have COVID-19 right now.
- Go home and try to stay away from other people so they don't get sick.
- Ask your employer about paid sick leave for people who have COVID-19.
- The health department will tell you how to find a doctor and when to go to the doctor.
- Listen to the health department and follow their instructions.

If your test is **NEGATIVE**, you do not have COVID-19, but you could get it later. Continue taking steps to keep yourself from getting COVID-19.

3. Who is at risk of becoming very sick from COVID-19?

If you or someone you live with is at risk for becoming very sick from COVID, it is very important to get tested if you feel sick or have been around someone else who has been sick.

- People who are 65 years old or older.
- People who live in a nursing home or long-term care facility.
- People who have a health problem, such as:
 - Lung disease
 - Weak immune system
 - Kidney disease
 - Breathing disease/asthma
 - Very obese (overweight)
 - Liver disease
 - Heart disease
 - Diabetes/blood sugar problems

*If you have a health problem, talk to a doctor. Follow their instructions to manage your health.
If you have questions about COVID-19 or need help finding resources in your community, call 2-1-1.*

WHEN YOU LEAVE HOME:



WEAR
a cloth face covering



WAIT
6 feet (2 meters)
apart from others



WASH
your hands
often