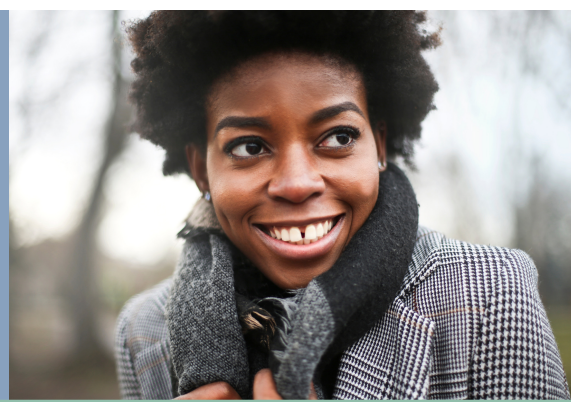# TUBMAN CENTER FOR HEALTH & FREEDOM

WHAT TO KNOW ABOUT COVID-19 TESTING

Testing helps reduce the spread of COVID-19. By getting tested and following quarantine guidelines, you can protect those you love and everyone around you.

YOU SHOULD GET TESTED IF:

- Feeling sick
- Exposed, especially if symptomatic

WHEN TO GET TESTED:

- 3-5 days after last known exposure or symptom onset, or as needed

TYPES OF COVID-19 TESTS:

AT-HOME RAPID ANTIGEN	Self-admin at home	Results in 15 minutes
HOME COLLECTION PCR	Self-admin at home, mail to lab	Results 24-72 hours after lab gets sample
LOCAL TEST SITE Click here for sites	Varies (self-admin or provider-admin)	Results typically 24-72 hours after samples collected

Note: Rapid antigen tests are less accurate than PCR tests.

IF YOUR TEST COMES BACK POSITIVE...

Take a deep breath! We are going to get through this together.

Isolation

- To protect those around you, **isolate from others for at least 5 days** regardless of symptoms.
- Wear a KN95 mask around others and maintain distance.
- Open windows and use air purifiers to improve ventilation.

Self-care

- Take acetaminophen or ibuprofen to reduce fever or muscle ache.
- Use a humidifier or take a hot shower for sore throat and cough.
- Citrus, while high in Vitamin C, increases phlegm (mucus). Use other forms of high-Vitamin C foods to help boost your immune system (peppers, strawberries, cooked broccoli, etc.)

Ending isolation

- You can leave isolation after 5 full days if your symptoms are improving AND you have not had a fever for 24 hours without using fever reducing-medication or home remedies.
- If you still have a fever after 5 days OR if your symptoms are not improving continue to isolate until day 10, contact a provider and try to get PCR tested before ending isolation.
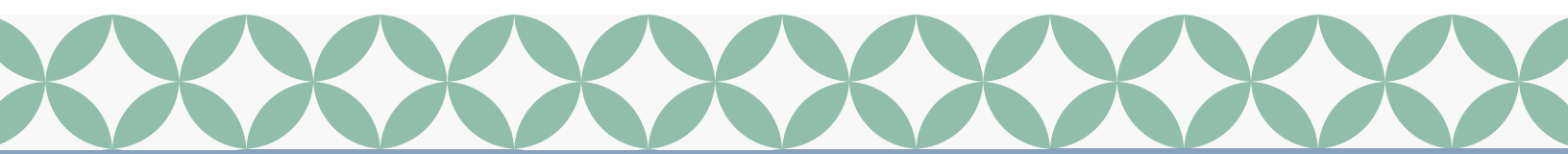
*Please note that with a new virus like COVID-19, it is common for health recommendations to change as we learn more. Check cdc.gov for the most updated info.