# 5 REASONS HEALTHY PEOPLE SHOULD GET

# TESTED FOR COVID-19



## 1 To rule out the possibility that you have COVID-19 and don't know it

Get tested for COVID-19 to make sure that you are not an asymptomatic carrier of the virus—that is, someone with the virus who doesn't have any symptoms but can still spread it to others. According to the CDC, as many as 4 out of 10 people who have COVID-19 may not show symptoms. Asymptomatic spreaders are a major reason containing this virus has been so challenging.

## 2 To take action early if you do have COVID-19

Another reason to get tested is that if you are in the early stages of a COVID-19 infection, detecting it early allows you to quickly isolate, rest and recuperate, monitor your symptoms, and if needed, seek medical care. It also allows contact tracers to begin tracking down anyone who may have been exposed.

## 3 To spend time with friends and family—especially those at high risk

After months of staying apart, many of us are eager to reconnect in-person with friends and family. If you plan to spend a prolonged period of time with loved ones, stay away from high risk activities for 10 days and then get tested. This is especially important if a friend or family member is more likely to develop serious outcomes from COVID-19, a group that includes older adults, those with underlying medical conditions such as heart disease, diabetes, and obesity, as well as pregnant women, and anyone with a compromised immune system. Protect your loved ones by staying away from high risk activities and getting tested before you visit.

## 4 To get the economy going again

Getting tested for COVID-19 brings reassurance to those going to work, especially if you work in a high-risk setting such as schools, universities, grocery stores or as a first responder. Participate in free screening testing in your workplace or city, or find your own testing site to show fellow coworkers, employers, teachers, and customers they can feel safe and secure working and doing business with you. This, in turn, helps keep businesses open, economies running, all while keeping everyone safe and healthy.

## 5 To help get the virus under control

We've all worked hard to flatten the curve. As we move into the fall and winter, widespread testing among healthy people helps to stop the spread of COVID-19. Screening healthy people, staying on top of positive cases, identifying new outbreaks quickly, and being aware of how the virus spreads among people without symptoms, is a powerful tool in our efforts to suppress the virus.

It is important to remember that a COVID-19 test is a one-time assessment, and will only show if you are infected at the time of the test. Everyday prevention measures, such as handwashing, physical distancing and mask-wearing should always be practiced, even after you have been tested. If you are a front line worker, college student, or you're frequently in high-risk situations, routine testing is the best way to confirm your negative status over time.

# #TaketheTest

**Make your voice heard! Share your testing experience on social media**