

COVID-19: IS IT TIME TO GET TESTED?



To stop the spread of COVID-19, many of us need to get tested every once in a while -- even if we don't have symptoms. It protects our families and friends, and is a great way to help in the fight against the coronavirus. But how do you know if you should get a test, and when? Check out this list -- if any one of these items is true for you, it is time to get a free COVID-19 test.

Time to get tested? The answer is YES if:

- You may have been exposed to someone with COVID-19. Get tested 5-7 days after the encounter. Take additional precautions for 14 days after.
- You attended a large gathering like a wedding, a party, or a protest, indoors or outdoors, and didn't wear a mask or keep physical distance. You attended an indoor gathering with people not living in your household. Get tested 5-7 days after the event. Take additional precautions for 14 days after the event.
- You work as a first responder or in an essential industry, such as grocery stores, doctors offices and pharmacies, and your employer, city or state offers free asymptomatic testing. You may want to get tested at least every other week if possible.
- You work closely with others outside your home, for example in a nursing home, food processing plant, or in a moving or outdoor landscaping company, and your employer, city or state offers free asymptomatic testing. You may want to get tested at least every other week if possible.

- ✔ You sat indoors at a bar or restaurant without a mask and without keeping a physical distance. Get tested 5-7 days after the event. Take additional precautions for 14 days after the event.
- ✔ You traveled on a plane or took a multi-day car-ride and were not able to distance and wear a mask at all times (for example, because the airline filled the seat next to you or it was a long trip and you needed to eat inside the airport, or stop at a hotel). Get tested 5-7 days after your trip. Take additional precautions for 14 days after.
- ✔ You are pregnant. Talk to your doctor about the right time to get tested.
- ✔ You have an underlying medical condition such as diabetes, heart or lung disease, or a compromised immune system, and have visited a high-risk setting such as a bar, a gathering or school. Get tested 5-7 days after the visit. Take additional precautions for 14 days after.
- ✔ You are over 65 and have been seeing friends, work outside the home, or have made trips to the mall or other community places. Get tested 5-7 days after the event. Take additional precautions for 14 days after the event.
- ✔ There is a large outbreak in your community. Even if the outbreak is in a school, college or prison, people who work there may cross paths with you. Check your city and state websites for information about free testing to curb the outbreak.

#TakeTheTest

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