COVID-19 Community Testing Frequently Asked Questions

Free COVID-19 testing

Where and what days are the community based sites open and how do I register for a test?

- **Robertson Community Center**: 3525 Norwood Avenue Sacramento, CA 95838. Testing on Wednesdays (first day is *Thurs.* 5/21), 9a-1p. Register by calling (916) 567-9567.
- **La Familia's Maple Neighborhood Center**: 3301 37th Avenue, Sacramento, CA 95824, Room 7 - Park on 36th Avenue. Testing on Fridays (first day is Fri. 5/22), 9a-1p. Register by calling (916) 990-1311.

Who can come in for a test?

- Any age with any form of identification with a name and birthday.
- You can bring your whole family in to be tested, minors should be accompanied by a guardian.
- U.S. Citizenship or legal residency is not required.

I don't feel sick can I still come in?

- Yes, you can get tested at this site.
- However, people with severe symptoms should contact their healthcare providers for testing.

What should I expect at my appointment?

- Anyone coming in for a test will be expected to maintain social distancing, and wear a cloth face covering at the testing site. A mask will be made available if you don't have one.
- <u>Bring any form of identification with a name and date of birth</u> to check in at your appointment.
- A qualified healthcare provider will administer the nasal swab collection procedure.
- The test takes no more than 60 seconds from start to finish. Although you may be at the site more than that to check-in, finish up registration and get prepared for your visit.

How will I get my results?

- If you test positive - a doctor from Sacramento County will call you directly to notify you of your results and the next steps you should take.
- If you test negative - a Community Site Lead will connect with you to let you know the status of your results.
- It's important that you fill out the contact information that will be asked during the registration process so we can make sure to get in touch with you quickly.
- All testing results are confidential.

What should I do if I test positive?

- Stay home, most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

- Monitor your symptoms. Trouble breathing is a more serious symptom that means you should get medical attention.

How is the virus spread?
- COVID-19 mainly spreads from person to person, similar to the flu. This usually happens when a sick person coughs or sneezes near other people and releases respiratory droplets. It may also be possible to get sick if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes.

- **What are the symptoms of COVID-19?** Symptoms typically start 4–5 days after exposure or infection. The symptoms are often indistinguishable from influenza (flu). The majority of patients have one or more of the following symptoms:
  - Fever, Cough, Feeling fatigued, Shortness of breath, Muscle aches/pains

Are there medicines that I should or should not take for COVID-19?
- Currently, there are no medications specifically approved to treat or prevent COVID-19. There are over the-counter medications to manage symptoms.

How can I protect myself and my loved ones from COVID-19?
- The California Department of Public Health recommends people take steps to prevent the spread of all respiratory viruses, including COVID-19 (coronavirus):
  - Wash your hands with soap and water or an alcohol-based hand sanitizer if soap and water are not available. Wash your hands frequently, for at least 20 seconds, and certainly after sneezing or before/after touching your face or a sick person. Avoid touching eyes, nose or mouth with unwashed hands.
  - Stay away from work, school and other people if you become sick with any respiratory symptoms like fever and cough.
  - Avoid close contact with people who are sick. People who are sick should be in a room, with the door closed, to help prevent spreading the disease to other people.
  - Avoid touching your eyes, nose and mouth.
  - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you are coughing and sneezing, isolate yourself away from others.
  - Clean and disinfect frequently touched surfaces at home, work and school.
  - Do not travel while sick. Do not go out into public while sick.
  - Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

How long should I wait to re-test if I got a negative result? Should I re-test?
- If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing.
- If you experience symptoms in the future you should get retested if recommended by your doctor.
- If you test negative for COVID-19, you still should take preventive measures to protect yourself and others.

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