

## COVID-19 Testing Guidance

# Protecting Against COVID-19

### Why should I get tested?

Testing for COVID-19 is critical to helping stop the spread of this virus. It saves lives. When we're able to test more individuals in a community it allows us to quickly identify infected individuals, isolate them, and investigate and trace the contacts of those infected. And in that way, it helps us contain and decrease the spread of illness. Testing helps us go on the offense against this virus.

### Who can get tested?

The State of Ohio has given health care organizations guidance that allows them to order a test for anyone who wants a test, but some testing sites may have restrictions. Under our guidelines, it doesn't matter if you've been exposed, are at higher risk, or showing no symptoms, anyone can get a test. But it's also not a mandate that testing locations follow this guidance.

Testing standards differ among medical providers and retail locations. Many retail pharmacy locations, doctor's offices, and community health centers will screen an individual before they order or perform a test. They may ask if you have symptoms or if you're part of an at-risk population. ***It's important to call ahead*** to ask about their screening procedures and standards, including minimum age for testing, insurance requirements, and physician's order requirements.

Some federal qualified health centers (FQHCs) in underserved areas are doing testing and others are not. Again, calling ahead will help you determine if the ones closest to you on the map are testing.

### Do I need a doctor's order?

A provider's order is required for all tests. However, the state allows providers to place a testing order for anyone who wants a test.

***At the pop-up sites operated by the state, the tests are open to anyone and we will place the order on-site. You do not need an order before visiting one of these sites.***

Privately-run sites may have different standards and requirements for testing. But typically, they will create the order on-site if you have symptoms, are in an at-risk population, or have been exposed to the virus. In

other cases, they might require you to visit a doctor in advance to get an order — like you would for an X-ray.

## **Where can I get tested?**

There are many locations around the state where you can be tested. Visit <https://coronavirus.ohio.gov> and click on the “Testing and Community Health Centers” tab. You’ll find a map that identifies more than 500 testing locations throughout the state. These locations are a combination of state-sponsored and private testing sites. Contact information is included for most locations. It’s important to contact the testing site you are interested in before visiting to make sure you understand all requirements.

## **How do I find a pop-up site near me?**

When you visit the map, you can search by ZIP code and identify a pop-up location by its yellow pin. You can also visit: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/resources/general-resources/get-tested-for-covid-19>. We continue to increase pop-sites across the state, especially in areas that show an increase in cases, and continually update the list of available testing locations.

## **What happens at a pop-up site? How does it work?**

Pop-up testing is focused on underserved areas, particularly minority communities; communities that request testing assistance; and communities that have seen a recent increase in infection rate. Anyone can go on the day assigned to a community and get tested. They do not need a doctor’s order ahead of time and they do not need to show symptoms.

Pop-up testing locations are one of the most convenient ways to get tested. You can walk up, drive up, or in some cases park your car and get tested. We continue to increase our pop-up locations.

Because some of these sites have experienced high demand for testing, we encourage you to make an appointment if that option is available. Appointments are not required.

In many cases, the testing site will have three stations. At the first station, you’ll be evaluated for symptoms. The second station you’ll fill out any paperwork needed to complete the testing, including a lab registration form. When you get to the third and final station, you’ll be given the test. Lab results will be sent to the provider that ordered the test.

## **How do I know if it’s a state-sponsored testing site?**

All pop-up locations indicated on the testing map on the coronavirus.ohio.gov website are state-sponsored. You can find these locations by looking for the yellow pin on the website map.

## **What types of tests are available?**

There are several different types of tests available. Which one you receive may depend on where you go. The state-sponsored pop-ups use nasal pharyngeal swabs to test for COVID-19. Other locations may use a standard nasal swab or take a saliva sample.

## **Will I have to administer the test myself?**

Self-administered tests are used at some locations. These tests are administered under the supervision of a trained professional to ensure that they are done properly and give the test the best chance of producing reliable results.

## **Do I have to pay for my own test?**

State testing sites provide testing with no out-of-pocket costs. However, the state does bill Medicaid or insurance if a person has either type of coverage. The state or federal government will cover the costs for those who are uninsured. While this may be the case at many other testing sites, the state cannot guarantee that all privately run testing sites will test without charging the patient.

## **How will I get my test results and how long does it take?**

The current turnaround rate on a test depends on where you get it. The time frame varies from 48 hours to one week. However, in many areas, increased testing demand has led to longer turnaround times for the labs that process your test. You should ask the testing facility when and how you will be contacted with results.

Many times, your doctor will receive the test results and communicate them back to you. If your result is positive, it will be reported to the state and local health departments.

For additional guidance on what to do while waiting for your test results, visit <https://coronavirus.ohio.gov/static/docs/Waiting-for-Test-Results.pdf>.

## **What happens if I have a positive test?**

### **If you have symptoms:**

- Isolate until all three of these things are true: 1) your symptoms are better, 2) it has been 10 days since you first felt sick, and 3) you have had no fever for at least 24 hours without using medicine that lowers fever.
- Drink plenty of fluids and eat when you can. You may take medicine for pain or fever if you need to. Rest as much as you can.

### **If you do not have symptoms:**

- Stay home for 10 days after the date you were tested.
- If you develop symptoms during those 10 days, stay home until all three of these things are true: 1) your symptoms are better, 2) it has been 10 days since you first felt sick, and 3) you have had no fever for at least 24 hours without using medicine that lowers fever.

Follow care instructions from your doctor or other healthcare provider. Seek emergency medical care immediately if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face.

Someone from the health department (case investigator or contact tracer) may reach out to you to check on your health and ask about other people you have been around or where you've spent time while you may have been able to spread COVID-19 to others. This person's role is strictly to map the virus to help identify people who may have been exposed to the virus and prevent its spread. The local health department will also provide guidance on how to stay safely at home to avoid spreading illness.

### **What happens if I have a negative test?**

- Remember to wash your hands often, avoid touching your face, stay 6 feet from people you do not live with, and wear a cloth facemask when you go out in public.
- A negative COVID-19 test at one point in time does not mean you will stay negative. You could become ill with COVID-19 and/or test positive at any time.
- If you are a close contact of a confirmed or suspected case, continue to stay home and away from others until 14 days after your last exposure.
- If you do not have symptoms, and were not in close contact with a confirmed or suspected case, you can stop isolating.
- If you currently have symptoms of COVID-19, and were not in close contact with a confirmed or suspected case, you should keep monitoring symptoms and talk to your doctor or other healthcare provider about staying home and if you need to get tested again.
- If you develop symptoms of COVID-19, stay at home and away from others and talk to your doctor or other healthcare provider about getting tested again.

Updated Aug. 19, 2020.

For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

**Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 Care Line at 1-800-720-9616.**

# CORONAVIRUS DISEASE 2019

Protect yourself and others from COVID-19 by taking these precautions.

## PREVENTION

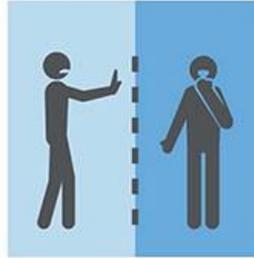
For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



WEAR A FACE COVERING WHEN GOING OUT



PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS



SHOP AT NON-PEAK HOURS



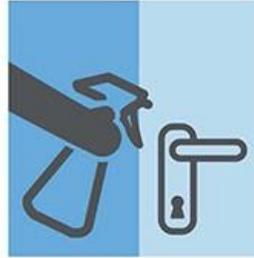
WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



DON'T WORK WHEN SICK



CALL BEFORE VISITING YOUR DOCTOR