

# COVID-19 Testing – What You Need to Know



## When should you test?

### If you feel sick and have [symptoms of COVID-19](#)

- Test right away. If your first test is negative, [test again 1-2 days later](#).

### After exposure

- Even if you don't feel sick, test after exposure and again [3-5 days after last exposure](#).

### Before visiting those at high risk

- Test just before visiting individuals who are at higher risk for severe illness (older adults or people with weakened immunity).

### When traveling

- Follow [CDC travel recommendations](#).



## Positive test?

- **Stay home.** Let your work or school know, follow their guidance and [COVID-19 isolation recommendations](#) to prevent spreading the virus to others.
- **Ages 12 or older?** Get [FREE medications for COVID-19](#) that are safe and highly effective at preventing serious illness, when taken within 5-7 days of symptom onset.

## Negative test but still have COVID-19 symptoms?

- **Wear a mask.** Check with your work or school for further guidance.
- Test again in 1-2 days.

## Need more tests?

- You may be able to [get FREE tests](#) with medical insurance at your local drugstore (in-store or online).
- Purchase from your local drugstore or pharmacy (in-store or online).
- **Expiration Update:** Most at-home tests have [FDA extensions](#) and can be used longer than the dates printed on the boxes.

## Where else to test?

- Visit [MyTurn](#), or for those without health insurance, find a [no-cost testing site online](#) or call (833) 422-4255 or 211.



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