



## What you should know about testing for Covid-19

### Who should be tested?

**Not everyone needs to be tested for COVID-19.** Here is some information that might help in making decisions about getting tested.

- Most people have mild illness and are able to recover at home. Check to see if you should be evaluated by a doctor.
- There is no specific medicine for this virus. The symptoms can be treated with typical over the counter medications if needed. For more information, please visit: [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html).
- If you are sick enough to need to be hospitalized, then you may receive treatments in the hospital to support essential body functions while your immune system deals with the virus.
- Test results may be helpful for decision making by people whom you have come in contact with.

### Watch for symptoms

Symptoms of covid-19 range from very mild to severe.

Symptoms may start **2-14 days after exposure**, most commonly beginning around 5 days after exposure and include:

- Fever
- Cough and/or shortness of breath; sore throat; body aches
- Other symptoms less often caused by covid-19 include runny or stuffy nose, vomiting or diarrhea
- To assess your risk for coronavirus visit: <https://www.buoyhealth.com/>

**Disclaimer:** This tool is not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing a life-threatening emergency that requires immediate attention please call 911 or the number for your local emergency service.

### When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19, get **medical attention immediately**. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to wake up appropriately
- Bluish lips or face

Please call your healthcare provider for any other symptoms that are severe or concerning.

People being tested for COVID-19 infection should stay at home and keep away from other people until they find out their test results.

### Where to go to get tested

Please visit: <https://tinyurl.com/MA-COVID-19-Testing-Sites> for a list of full service testing site for specimen collection.

Some doctors and urgent care sites may also be able to collect the specimen in their office. Check with them.

### What to do after you are tested

- **If you test positive for COVID-19** please visit: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/>
- **If you test negative for COVID-19**, you may not have had the virus at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection at the time of your specimen collection and that you could test positive later, OR you could be exposed again later and then develop illness. **In other words, a negative test result does not rule out getting sick later**, possibly even a day or two later.

**Also: False negative tests may occur; if your symptoms are typical for covid-19 and there is no other clear explanation, speak with your doctor about whether this might be a false negative.**

**For the most up-to-date COVID-19 information please visit:**

**[Centers for Disease Control](#) \* [Massachusetts Department of Public Health](#) \* [New England Quality Care Alliance](#)**