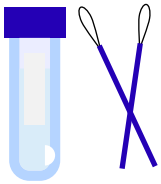


COVID-19 Testing Frequently Asked Questions

1 Why is testing important?

Viral tests can tell someone if they have the virus that causes COVID-19. The sooner someone learns they have the virus, the sooner they can isolate from others to prevent the spread and receive any needed medical attention.



2 When should someone get tested?

- As soon as possible if they have symptoms (fever, cough, trouble breathing, headache, chills, muscle pain, congestion or runny nose, nausea or vomiting, diarrhea, sore throat).
- 3-5 days after exposure to COVID-19.

Examples of exposure include: being within 6 feet for a total of 15 minutes or more with someone with COVID-19; hugging, kissing, or sharing utensils with an

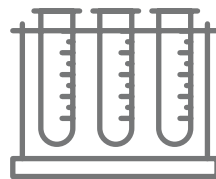


infected person; being sneezed or coughed on by an infected person; or attending large social gatherings.



3 What do the test results mean?

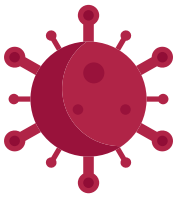
- A **positive result** on a viral test means the person likely had COVID-19 at the time of the test.
- A **negative result** on a viral test means the person likely did not have COVID-19 at the time of the test, or the test was taken too early in the infection to be detected.



The virus can stay in the body without showing on a test for up to 2 weeks after exposure.

5 Can someone catch the virus from getting tested?

It is very unlikely that someone will get COVID-19 from getting a test. Viral tests involve a simple nose or mouth swab and will not expose the person to the virus. All testing sites require patients to wear masks and stay 6 feet apart. In addition, most testing sites are taking steps to circulate air to make testing safe for everyone.



4 Where can I get tested for COVID-19?

- Those with symptoms of COVID-19 should contact their healthcare provider for information.
- Those without symptoms should contact their local tribal health department for the latest information on testing. COVID-19 tests are available at no cost.

