COVID-19 Community Testing Frequently Asked Questions

Sacramento County Free COVID-19 Testing

Where are the community based sites and how do I register for a test?
Please see Sacramento County's [COVID-19 Testing webpage](#) for an updated list of all sites.

Mornings are from 8AM- noon; Afternoons are from 1-5PM				
Monday	8-12PM	Liberty Towers Church 5132 Elkhorn Blvd., Sacramento, CA 95842 Appointments: 916-583-8877 or https://libertytowerscommunity.setmore.com/	1-5PM	La Familia Maple Neighborhood Center 3301 37th Ave., Room 7, Sacramento, CA 95824 (park on 36th Ave) Appointments: 916-990-1311 or https://lafamiliamaple.setmore.com
Tuesday	8-12PM	Natomas Unified School District 1931 Arena Blvd., Sacramento, CA 95934 Appointments: 916-561-5253 or https://natomasunified.setmore.com	1-5PM	Folsom-Cordova Community Partnership Center 10665 Coloma Rd., Rancho Cordova, CA 95670 Appointments: 916-361-8684, or https://folsomcordova.setmore.com
Wednesday	8-12PM	Oak Hills Church 1100 Blue Ravine Rd., Folsom, CA 95630 Appointments: https://folsom.setmore.com	1-5PM	Tetteh Pediatric Health 7248 S Land Park Dr., Suite 118, Sacramento, CA 95831 Appointments: https://bit.ly/TPH_C19
Thursday	8-12PM	Chabolla Community Center 610 Chabolla Ave., Galt, CA 95632 Appointments: 209-366-7180 or https://galt7662.setmore.com	1-5PM	Robertsons Community Center 3525 Norwood Ave., Sacramento, CA 95838 Appointments: 916-567-9567 or https://robertsonscommunitycenter.setmore.com
Friday	8-12PM	South Sacramento Christian Center 7710 Stockton Blvd., Sacramento, CA 95823 Appointments: 916-681-6791 or https://southsacramentochristiancenter.setmore.com	1-5PM	St. Paul's Missionary Baptist Church 3996 14th Ave., Sacramento County, CA 95820 Appointments: 916-573-3555 or https://stpaul039s.setmore.com/

These testing sites are NOT for: travel clearance; surgery clearance (Contact your health care provider); people with severe fever, cough, or other symptoms. (Contact your health care provider); or, people that have tested positive for COVID-19 within 10 days of the testing date.

Who can come in for a test?
- Any age with a form of identification that has their 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 for testing?
- Yes, people with no symptoms or with mild/moderate symptoms 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 face covering at the testing site. A masks will be made available if you don't have one.
- <u>Bring a form of identification with a date of birth</u> to check in at your appointment.
- A qualified healthcare practitioner 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 healthcare practitioner from StemExpress will call you directly to notify you of your results and the next steps you should take. They will follow-up with an email of your results.
- If you test negative – StemExpress will send you an email with the status of your results.
- If you test inconclusive – the community lead of your testing site will reach out to get you rescheduled for another testing event.
- If your email bounces back or you do not have an email, the community lead of your testing site will connect with you directly.
- It's important that you fill out the contact information 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 visit public areas.
    - <u>Symptoms</u>: Stay home at least 10 days since symptoms appeared AND 24 hours fever free AND symptoms have improved.
    - <u>No Symptoms</u>: If no symptoms stay home at least 10 days from your positive test date AND you continue to have no symptoms
- 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, such as, fever and aches/pains.

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 your face with unwashed hands.
  - Stay away from work, school and other people if you become sick with any respiratory symptoms like fever and cough. Do not travel while sick.
  - 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.
  - 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 and you should still protect yourself.
- If you experience symptoms in the future you should get retested if recommended by your doctor.

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