

COVID-19 TESTING

What you need to know.

What are the different kinds of COVID-19 tests?

PCR Test

- Most sensitive test currently available.
- Analyzed in a laboratory.
- Results in typically in 24-72 hours so take precautions as if you are positive until you receive your results.



Rapid Antigen Tests

- Helpful to get faster results when feeling sick or as a precaution before gatherings.
- Less sensitive than PCR tests. If you test within the first couple days of infection when you may have a lower amount of virus in your body, the test may not detect the virus. This is called a “false negative”. Your test may say you are negative when you may be positive. If you continue to have symptoms, it is best to re-test.
- Results in as little as 15 minutes.
- Can be done at home with an at-home testing kit.

If symptoms are worsening—especially if you are older or have underlying medical conditions and are at risk for severe COVID-19—you should consult with your health provider regardless of test results.

What to do with your test results (for Rapid Antigen Tests only)

IF YOU TEST POSITIVE:

- ⊕ If you have a positive test, regardless of your symptoms, it is safe to assume you have COVID-19. You don't need to get another test to confirm the results. Isolate for five days and if your symptoms have decreased AND you do not have a fever over 99 degrees, take a rapid antigen test on day 5 or after. If that is negative, you are now out of isolation.

IF YOU TEST NEGATIVE:

- ⊖ If you have a negative test result **but you have been exposed to COVID-19 or have symptoms**, it is recommended that you schedule a COVID-19 PCR test appointment five days following exposure to confirm you are not infected.
- If you test negative and you were not exposed to COVID-19 and you do not have symptoms, you do not need to isolate and are not considered as having COVID-19.

COVID-19 TESTING

Finding a Testing Site
(arcgis.com)

Free at-home tests
(covidtests.gov)



COVID-19 ISOLATION AND QUARANTINE GUIDELINES

Persons Who Test Positive for COVID-19 (Isolation)

- Everyone, regardless of vaccination status, previous infection or lack of symptoms.

For more information, please follow the new COVID-19 testing, isolation, and quarantine guidance from the California Department of Public Health.

Recommended Action (COVID+)

- Stay home for at least 5 days.
 - Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on day 5 or later tests negative.
 - If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
 - If fever is present, isolation should be continued until fever resolves.
 - If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
 - Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)
- *Rapid Antigen test preferred.

Persons Who are Exposed to Someone with COVID-19 (Quarantine)

- Unvaccinated; OR
 - Vaccinated and booster-eligible but have not yet received their booster dose.**
- (Refer to CDC COVID-19 Booster Shots to determine who is booster eligible)

Recommended Action (Close Contact)

- Stay home for at least 5 days, after your last contact with a person who has COVID-19.
- Test on day 5.
- Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information).
- Strongly encouraged to get vaccinated or boosted.
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test and stay home.

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)

- Boosted; OR
 - Vaccinated, but not yet booster-eligible.
- (Refer to CDC COVID-19 Booster Shots to determine who is booster-eligible)

Recommended Action

- Test on day 5.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information)
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test and stay home.

COVID-19 Vaccines

Vaccination is the most important tool to end the COVID-19 pandemic. You should get a COVID-19 vaccine even if you already had COVID-19.

Any Californian aged 5 and up can get vaccinated for free.

When can I get my vaccine after having COVID-19?

You can get your vaccine after your isolation has ended and symptoms have resolved.

When can I get my booster after having COVID-19?

You can get your booster after your isolation has ended and symptoms have resolved AND the recommended time has elapsed since your primary vaccine series of either Pfizer (5 months), Moderna (5 months) or J&J (2 months).

Important websites for additional information

Sacramento County Public Health:

<https://www.saccounty.gov/COVID-19/Pages/default.aspx>

California Department of Public Health:

<https://covid19.ca.gov/>

Center for Disease Control (CDC):

<https://www.cdc.gov/>

Sacramento COVID-19 Collaborative (Sac Collab):

saccollab.org

BinaxNOW Self-Test Kit:

<https://www.globalpointofcare.abbott>

iHealth Self-Test Kit:

<https://ihealthlabs.com/>

COVID-19 VACCINE LOCATOR

<https://myturn.ca.gov/>