

COVID-19 FYI

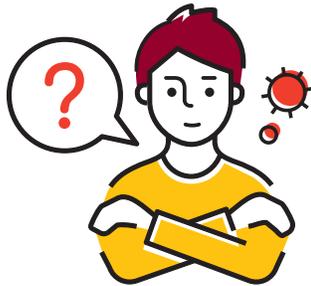


Maryland Developmental
Disabilities Council
CREATING CHANGE • IMPROVING LIVES



COVID-19 TESTING *Keep Yourself and Others Safe!*

WHY IS COVID-19 TESTING IMPORTANT?



Testing helps control the spread of COVID-19 so we can get back to our normal lives. Taking a test is how you find out if you have COVID-19. You need to know if you have COVID-19 so you can take care of yourself and avoid giving it to other people.

WHO SHOULD GET A COVID-19 TEST?

You should get tested if:

- **You have COVID-19 symptoms.** This is true even if you have already gotten your COVID-19 shots. Symptoms are signs you might be sick. Some signs of COVID-19 are fever, cough, and a hard time breathing. All of the symptoms are listed on this website: <https://covidlink.maryland.gov/content/faqs/#faq1>
- **You were near someone who has COVID-19.** This means you were 6 feet or closer to them for 15 minutes or more.
- **You have not gotten your COVID-19 shots and participated in activities where you were close to other people.** Examples are traveling and being with large groups of people indoors.

Ask your doctor if you do not know if you should get tested.

WHAT IS THE COVID-19 TEST?

The test takes very little time. Usually, it involves briefly putting a swab (q-tip) into your nose. Then, the swab is sent to a lab to be tested for COVID-19. Most people say this is a little uncomfortable.

Most people get their test results in 1-2 days. Usually, you get to choose how you get your results. This might be a text, email, or phone call.



HOW CAN I GET TESTED FOR COVID-19?

FIND A TEST NEAR YOU

There are over 300 places to get a COVID-19 test in Maryland. That means there are places near you! To find a place to get tested use this QR code



(point your phone's camera at the code square and follow the instructions on your screen)

or visit this website:

<https://covidtest.maryland.gov>

MOBILE CLINIC TESTING

Organizations can ask a mobile clinic to come to their location to do testing.

To request a mobile clinic: call 855-MD-GoVAX (855-634-6829)

Or fill out an application using



this QR Code (point your phone's camera at the code square and follow the instructions on

your screen) or visit this website: <https://governor.maryland.gov/govaxmobile/>

DO I HAVE TO PAY FOR A COVID-19 TEST?

Usually, you do not have to pay for a COVID-19 test. Check with the place you want to get the test to see if there is a charge. If there is a charge, contact your health insurance company to see if they will pay. If you have Maryland Medicaid, it will pay for the test.



CAN I TAKE A COVID-19 TEST AT HOME?

Yes, there are COVID-19 tests you can take at home. You get the results in 15 minutes. You can get these tests at pharmacies and some stores without a prescription. They usually cost \$20 or more for two tests. Sometimes, health departments give out free test kits that you use at home. Check with your county health department.

WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

If your test is positive, it means you have COVID-19. You should:

- Tell your doctor and stay in contact with them while you are sick.
- Stay home and away from other people for at least 10 days.
- Tell people you were in close contact with. They may have gotten COVID-19 by being around you. They need to know so they can take important steps, like getting tested and staying away from other people.



TO GET HELP AND MORE INFORMATION

HELP AND MORE INFORMATION:

📞 Call: 855-MD-GoVAX (855-634-6829)



← Use this QR code (point your phone's camera at the code square and follow the instructions on your screen).

Or visit this website:

<https://covidlink.maryland.gov/content/testing/>

THE LATEST NEWS:



← Use this QR code to sign up for e-newsletters (point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

<https://covidlink.maryland.gov/content/vaccine/govax/>

🐦 Follow @GoVAXMaryland on Twitter.

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