COVID-19 FYI

Maryland Developmental Disabilities Council
CREATING CHANGE · IMPROVING LIVES

Maryland
DEPARTMENT OF HEALTH

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

WHY IS COVID-19 TESTING IMPORTANT?

Testing helps control the spread of COVID-19. 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.
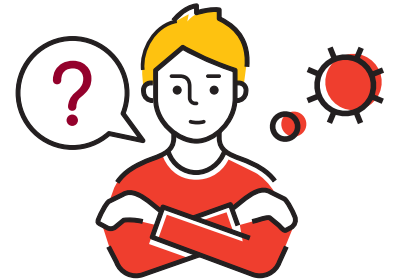
WHO SHOULD GET A COVID-19 TEST?

You should get tested if:

- **You have COVID-19 symptoms.** This is true even if you have already gotten your COVID-19 shots and boosters. Symptoms are the signs that you might have an illness or disease. 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 5 minutes or more.
- **You have not gotten your COVID-19 shots and have participated in activities where you were close to other people.** Examples are traveling and being in large groups of people indoors.

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

WHAT CHOICES DO I HAVE FOR TESTING?

There are two kinds of tests for COVID-19. They take very little time. Usually, it involves briefly putting a swab (q-tip) into your nose. Most people say this is a little uncomfortable.

Some testing locations are part of the *Test to Treat* program. If you test positive for COVID-19 at one of these locations, and treatments are right for you — you get medication or a referral for treatment somewhere else. You do not pay for the medicine. There are more than 80 *Test to Treat* locations in Maryland.

Rapid Tests: you can take a rapid test at home or at a testing location. You get the results in about 15 minutes.

Laboratory Tests: you go to a testing location and they give you the test. This is called a "PCR test." This test can be more accurate than a rapid test. They send the swab to a lab to be tested and you usually get your results in a couple days. *See the link in the box for information about finding testing locations.*

HOW CAN I GET TESTED FOR COVID-19?

FIND A TEST NEAR YOU

There are places all over Maryland to get a COVID-19 test. That means there are places near you! To find a place to get tested use this QR code
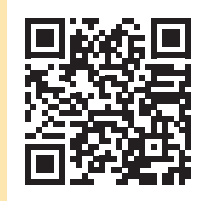
(point your phone's camera at the code square and follow the instructions on your screen) or visit this website: **https://covidtest.maryland.gov**

Keep yourself, your family, and your community safe!

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

Sometimes you can get the tests you take at home for free from the federal government. They mail them to you. You can also get these tests at pharmacies and some stores without a prescription. They usually cost $20 or more for two tests. Check with your health insurance to see if they will cover the cost.

Usually, you do not have to pay for a COVID-19 test at a testing location. 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.

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 5 days.** Stay home longer if you still feel sick or if you have a condition that makes it hard for your body to fight disease. Check with your doctor if you are not sure how long to stay home.
- **Wear a mask for 10 days when you are around other people at home or in the community.**
- **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)
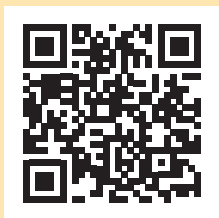
← **Use this QR code** (point your phone's camera at the code square and follow the instructions on your screen). Or visit this website: **covidlink.maryland.gov/content/testing/**

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: **covidlink.maryland.gov/content/vaccine/govax/**

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Keep yourself, your family, and your community safe!