

# CDC RECOMMENDATIONS FOR COVID-19 TESTING

## WHO SHOULD BE TESTED FOR THE COVID-19 VIRUS

Because testing kits are in short supply and resources to handle a huge volume of coronavirus tests are not available, you should **have a test only if you have symptoms of a COVID-19 infection, such as:**



- FEVER
- COUGH
- SHORTNESS OF BREATH

**Contact your physician and follow their instructions if you have any of these risk factors:**

- 65+ years old
- chronic lung disease or serious heart condition
- compromised immune system
- obesity, diabetes, kidney disease, liver disease



**If you have risk factors and someone in your household has tested positive for COVID-19, you should be tested if you have symptoms.**

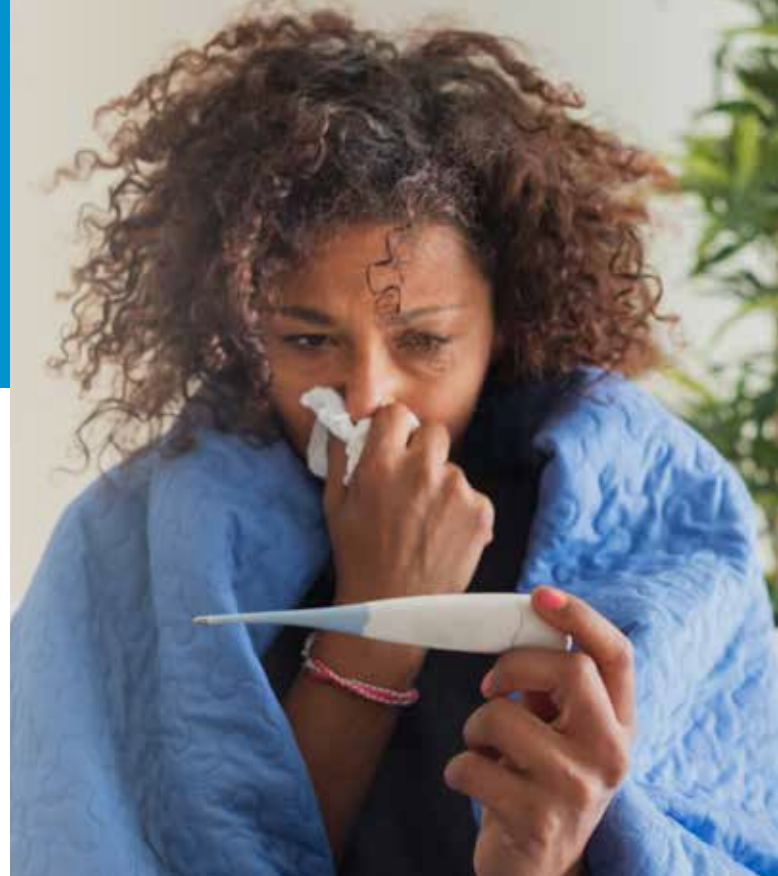
## HOW TO GET A TEST FOR THE COVID-19 VIRUS



Tests are run on swabs obtained from your nose or throat. **A physician, physician's assistant or nurse practitioner must order the COVID-19 tests.** They will need to ask you questions about your symptoms and medical history to determine if a test is appropriate.



If your physician or provider is not available to order the test, **many communities have set up testing stations in parking lots and public spaces.** You can find a list of testing sites by visiting [AlabamaBlue.com/Coronavirus](http://AlabamaBlue.com/Coronavirus).



**SYMPTOMS DEVELOP IN 2 TO 14 DAYS**  
after exposure to someone who has coronavirus.

## WHAT TO DO AFTER YOU HAVE BEEN TESTED



**After being tested for COVID-19, go home to self-isolate and remain there until you receive your results.**

The decision to end your home isolation should be made with the advice of your physician or provider.



If you are tested for COVID-19 and then hospitalized, you will be in isolation according to the facility's Infection Control Office guidelines.

**FOR MORE INFORMATION VISIT  
[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)**



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