

# Office of Developmental Disabilities Services

## COVID-19 Testing Guidance for People with Intellectual and Developmental Disabilities

This fact sheet should help prepare people with intellectual and developmental disabilities (I/DD) and those who support them to know what to expect if you need to get a test for COVID-19.

### Should I get tested for COVID-19?

You should talk to your doctor or health care provider about whether you should be tested for COVID-19. People with I/DD are at higher risk of having bad outcomes if they get COVID-19. If you feel sick or have been around someone who has been sick, let your case manager or provider know right away and ask about being tested.

### What does the test involve?

If you need to be tested for COVID-19, your health care provider will insert a 6-inch long swab (like a long Q-tip) through your nose to the back of your throat. They will keep the swab there for 15 seconds and rotate it several times. The swabbing is then repeated on the other side of the nose to make sure enough material is collected. The swab is then placed into a special container and sent to a lab for testing.

### Will the test hurt?

The test should not hurt, but it is uncomfortable. If you feel anxious about what to expect, please tell the person doing the test or ask someone you trust to help communicate this.

### Where will I be tested?

Testing can happen at a doctor's office or sometimes in your own home. Some places have drive-up testing available.

### How long do I have to wait until I get my results?

You should have your results within 3 to 4 days. Your health care provider may ask you to stay away from other people during this time, to limit possible spread of the virus.

## What happens if I test positive?

Your healthcare provider and public health staff will give you information about how to keep from spreading the virus to your family and friends. You will need to stay away from other people for as long as your healthcare provider says. You will also need to wash your hands frequently and avoid coughing on others, to protect them from getting sick.

## Resources and Information

Oregon Health Authority Testing Information:

<https://sharingsystems.dhsoha.state.or.us/DHSForms/Served/le2279A.pdf>

Guidelines for Testing:

<https://sharingsystems.dhsoha.state.or.us/DHSForms/Served/le2267.pdf>

Oregon Health Authority FAQ:

<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx>