

# What You Should Know About Testing for COVID-19

## Know the symptoms



The main symptoms of COVID-19 are:

- Cough
- Fever
- Shortness of breath

## Know when to seek help



**Not everyone who is sick needs to be tested.**

Your [local health department](#) or health care provider can help you:

- Decide if you need an appointment, and
- Plan to enter a clinic in a way that avoids possibly infecting others, if you do go in.

**If you need urgent medical care, dial 911.**

## Know questions your health care provider may ask you



- ? What are your symptoms?
- ? Have you traveled to places where COVID-19 is present?
- ? Did you have contact with someone who has traveled where COVID-19 is present?
- ? Have you been in contact with someone who has a confirmed case of COVID-19?

## Health care coverage for COVID-19 testing

Your health care coverage may cover the cost of:

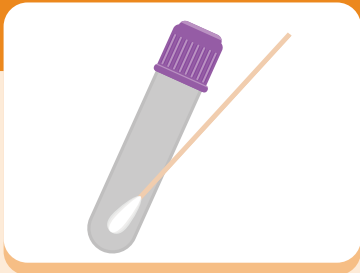
- COVID-19 testing at an in-network provider, in-network urgent care center or emergency room
- COVID-19 immunization when it becomes available.

**Outside of COVID-19 testing, regular costs, such as co-payments, co-insurance and deductibles will still apply. It is always best to contact your plan to find out about your costs.**

# Know what will happen if you need to have testing for COVID-19

Your health care provider will work with the [local health department](#) to find out if you need to test for COVID-19.

## Your health care provider will get samples



Your health provider will:

- Swab the inside of your nose
- Swab the inside of your throat
- Collect a sample of your spit with mucus, if you have a wet cough.

## Know what happens with test samples



Your health care provider will:

- Take samples and talk to you about the next steps
- Send your samples to the Oregon State Public Health Laboratory (OSPHL) or authorized lab for testing.

The lab will:

- Test for COVID-19
- Give your health care provider and your local health department the results.

If your test shows that you have COVID-19:

- Your physician will decide whether you are sick enough to be in the hospital
- The local public health department will contact you
- You will be asked to stay home for some period of time.

To find out more, go to [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus) or call 211.

PUBLIC HEALTH DIVISION

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