



# A Brief Guide To Covid-19 Testing

Testing is an important tool to stop the spread of COVID-19, keep Oregonians healthy, preserve hospital capacity, and safely keep Oregon's schools open and economy strong. Vaccination is a critical tool in bringing this unprecedented pandemic to an end. But until every person in the U.S. chooses to get a COVID-19 vaccine, we continue to ask Oregonians to embrace proven public health strategies including social distancing, good hand hygiene, and wearing a mask in public to reduce the risk of transmission and protect our communities.

## Q1: Why is testing important?

1. Testing identifies individuals who need to isolate themselves to protect others.
2. Testing helps health care providers deliver care to patients who are sick.
3. Testing allows public health professionals to understand the spread of COVID-19 and apply resources to fight the pandemic.

## Q2: Does it cost anything to get a COVID-19 test?

A2: COVID-19 testing should be free if your doctor orders you a test and you have insurance, including the Oregon Health Plan or Medicare. If you don't have insurance or a provider, testing may be free if you go to a qualified community testing event. Testing events hosted by the Oregon Health Authority (OHA) are free and most community testing events are also free (check before you go).

## Q3: How can I find a testing location near me?

- Go to the COVID-19 Test Site Finder <https://getvaccinated.oregon.gov/#/locator?lang=en> or call 211. The test site locator is available in both English and Spanish and can be searched in multiple other languages.
- If you need a free community testing event, go to [www.doineedacovid19test.com](http://www.doineedacovid19test.com) to search for events throughout Oregon and make an appointment.
- Contact your local public health authority or county health department.
- Connect with a community organization near you. OHA works with local and culturally specific community organizations to host testing events that are safe, comfortable and accessible.

**Q4: What kind of information is collected in order to get a test? Is that information shared with anyone?**

**A4:** The test administrator will collect health and personal information from you. That information and the results of the test are collected by the Oregon Public Health Division and are confidential. Your personal data and test results are not shared with anyone else.

**Q5: What can I expect during and after a test?**

**A5:** Testing for COVID-19 will likely involve either your healthcare provider taking a sample on a swab through the nose or an easy self-administered nasal swab. Test results will be returned directly to you, to your health care provider, or local public health authority, who will contact you with your results.

**Q6: How long will it take to get my test results?**

**A6:** Standard laboratory tests may take 1-3 days to get results, depending on the lab used and the demand for tests. Point of care, antigen tests provide results in 15 minutes. Confirm with your testing provider for exact result timelines.

**Q7: What do I do if I test positive for COVID-19?**

**A7:** 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 isolate yourself from other people for as long as public health instructs. You will also need to avoid coughing on others and to wash your hands frequently, to protect them from infection.

You may receive a call from a case investigator at your local public health authority who will talk with you about how to prevent the spread of the virus, including staying home or at a location provided by public health until the danger has passed; provide health information on how to care for yourself; and share resources available in your community that can support you while you self-isolate.

## Questions or comments?

Send them to: [ORES8.AOCTestingBranch@dhsoha.state.or.us](mailto:ORES8.AOCTestingBranch@dhsoha.state.or.us)

Or visit: [healthoregon.org/covid19testing](https://healthoregon.org/covid19testing)

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