



COVID-19 TESTING FACT SHEET

You are being given this Fact Sheet because your sample is being tested for the virus that causes Coronavirus Disease 2019 (COVID-19) using the SARS-CoV-2 PCR test, which is performed from a nasopharyngeal specimen or nasal swab collection.

This Fact Sheet contains information to help you understand the risks and benefits of using this test to evaluate your adaptive immune response to SARS-CoV-2, the virus that causes COVID-19. If you have additional questions, or would like to discuss the information provided, please talk to your healthcare provider.

For the most up to date information on COVID-19 please visit [cdc.gov/COVID19](https://www.cdc.gov/COVID19)

ABOUT COVID-19

COVID-19 is caused by the SARS-CoV-2 virus. COVID-19 illnesses have ranged from very mild (including some with no reported symptoms) to severe, and life-threatening. People of all ages with severe, long-lasting (chronic) medical conditions like heart disease, lung disease, and diabetes, for example, seem to be at higher risk for hospitalization due to COVID-19.

Symptoms of COVID-19, which may appear two to 14 days after exposure, include fever, cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, headaches, loss of taste or smell, nausea, and diarrhea.

WHAT TO DO WHILE WAITING FOR YOUR RESULTS

Isolate yourself to avoid the possibility of spreading the virus.

- Stay in a specific room and away from other people in your home to the extent possible.
- Use a separate bathroom, if available.
- Your household contacts should stay at home.

Practice healthy habits.

- Cover your cough, or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.

For more information from the CDC on home isolation and quarantine visit www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

WHAT DO THE RESULTS MEAN AND WHAT SHOULD YOU DO?

“Detected”

If you test “detected” for COVID-19, you are currently infected with the virus.

- You should: Stay home and away from others (including household members and pets) for the recommended period of time to avoid spreading illness. Do not leave your home except to get medical care—do not go to work, school, or public areas. Ask friends or family members to do your shopping or use a grocery delivery service.

If you test “detected” for COVID-19, but are asymptomatic you must continue to isolate for ten days after receiving your results.

“Not Detected”

If you test “not detected” for COVID-19, you may not have been infected at the time your sample was collected. The test result only means that you did not have detectable levels of the virus at the time of testing, it does not mean that you cannot get sick.

WHAT ARE THE RISKS IN GETTING TESTED FOR COVID-19?

The biggest risk is discomfort. The rare person, one in thousands, may pass out or get a mild nosebleed.¹

WHAT ARE THE BENEFITS IN GETTING TESTED?

For Individuals

Especially in asymptomatic individuals, knowing if you are infected with the virus that causes COVID-19 is an important part of stopping its spread. If positive, the test can help you alert your family and friends of exposure and recommend they get tested if you had been in close contact.

For Health Professionals

Data from COVID-19 testing can tell us more about how the virus is spreading in communities, it can help identify vulnerable populations, and conditions that can lead to increased risk of infection. This data helps public health experts understand the virus and the strategies that might be useful to help mitigate its spread.

HOW LONG WILL IT TAKE TO GET MY RESULTS?

Depending on capacity, the results of your COVID-19 test will be available within 24-48 hours of being received by the testing laboratory.

COVID-19 PATIENT CONSENT AND PRIVACY

We are collecting your test sample and other information to determine if you have COVID-19. The only people who will have access to your information, such as your name and medical information, will be the laboratory conducting the test, your insurance provider, public health staff or their contractors to conduct disease investigations or other public health activities, or other persons or entities authorized by law.

Patient Consent:

- I verify that I have read the above information with regard to COVID-19 testing, including risks associated with collection, interpreting results, safety precautions, and have been provided the opportunity to ask questions. I am aware that testing for COVID-19 is voluntary, and:
- I authorize my test results to be disclosed to the county, state, or to any other governmental entity as may be required by law.
- I acknowledge that a “detected” test result is an indication that I must self-isolate and/or wear a mask or face covering as directed in an effort to avoid infecting others.
- I understand that, as with any medical test, there is the potential for a false positive or false negative COVID-19 test result.

¹ “COVID-19 Nasal Swab Test Does Not Cause Risk of Infection”; Bala Thenappan; <https://www.factcheck.org/2020/08/covid-19-nasal-swab-test-does-not-cause-risk-of-infection>; 2020.

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