



## COVID-19: Testing Questions & Answers

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

Someone with COVID-19 symptoms like difficulty breathing, fever, chills, a new loss of taste or smell, should contact a doctor or a [COVID-19 testing site](#) for instructions.

### What if I don't have any symptoms?

If you have been in physical contact with someone who recently tested positive for COVID-19, get tested.

### Where do I get tested for COVID-19?

Click [here](#) for testing sites in Alameda County as of June 2, 2020. These locations are free to all whether you have insurance or not. All residents, regardless of immigration status, can get a free test.

### How will I be tested for COVID-19?

Two types of tests detect COVID-19: Viral Tests and Antibody Tests

A **viral test** finds a current infection. The viral test is done with a swab inside of the nose.

An **antibody test** finds out if a person had COVID-19 in the past. The antibody test uses blood collected from a finger prick.

### Can I test negative for COVID-19 and still have it?

Yes. It is possible to test negative for COVID-19 if a person is newly infected and does not have antibodies.

### What do I do if I test positive for COVID-19?

Stay home and isolate from other people.

- Wear a face covering or mask
- Cover all coughs and sneezes
- Separate from other people and pets in the home. Limit close contact (e.g., kissing and hugging) and do not share eating or drinking dishes
- Avoid public places and public transit
- Practice good hygiene; wash hand often with soap for at least 20 seconds. Use hand sanitizer if there is no soap.

**Note:** The Health Department will contact the individual to check up and provide resources for adequate isolation.

### What resources are available?

Please click [here](#) for help with food, housing, and financial resources available to people with COVID-19.