



COVID-19 CDC TESTING INFORMATION & GUIDELINES

Who Should Get Tested for COVID-19

- People who have symptoms of COVID-19
- People who have had close contact (within 6 feet for a total of 15 minutes or more) with someone with confirmed COVID-19
- People who have been asked or referred to get testing by their healthcare provider or by their local or state health department

What Counts as “Close Contact”

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (e.g. hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Those Who Have Previously Tested Positive

- Anyone who has previously tested positive and recovered for COVID-19 (whether they were symptomatic or not) does not need to quarantine or get tested for up to 3 months following their recovery if they are exposed again as long as they do not develop symptoms.
- If someone who has previously tested positive and is re-exposed does develop symptoms, however, he or she may need to be tested again if there is no other cause identified for those symptoms.

COVID-19 Self-Quarantine / Testing Procedure

1. Choose Whether to Self-Quarantine or Get Tested

- **Self-Quarantine**

- Stay home for at least 10 days after your last contact with a person who has COVID-19, monitoring your health each day
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- Whenever possible stay away from others, especially people who are at higher risk of getting very sick from COVID-19

- **Getting Tested**

- Testing can be facilitated through your doctor or one of the many CT testing sites (Information regarding testing sites can be found at: portal.ct.gov/Coronavirus)
- It is important to know that there are two principal kinds of tests available for COVID-19: viral tests and antibody tests
 - Viral Test: Used to check for a current infection
 - Antibody Test: Used to check for a past infection

2. Self-Quarantine

- Those who choose to only self-quarantine need to do so for at least 10 days. If symptoms begin to emerge during this time, a test should be done as soon as possible.
- Those who choose to get tested will need to self-quarantine/isolate at home until test results are received, following the advice of health care providers and/or of public health professionals.

3. Test Results

- If test results are positive:
 - Know what protective steps to take to prevent others from getting sick.
 - Stay home, wear a mask within 6 feet of others in your home, and wash your hands frequently.
 - Contact your healthcare provider.
 - Someone from the Connecticut Department of Public Health or your local health department will call you to check on your health.
- If test results are negative (or if a 10-day quarantine is completed with no symptoms):
 - You most likely were not infected at the time your sample was collected.
 - You can resume normal activities.
 - It should be noted that the test result only means that you did not have COVID-19 at the time of testing, so always continue to take steps to protect yourself.

A Note Regarding the Difference between Influenza (Flu) and COVID-19

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2), and flu is caused by infection with influenza viruses.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more severe illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Although flu and COVID-19 share many characteristics, the key differences between the two lead to the need to treat them differently. While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it.