

Getting Tested for COVID-19

What types of tests are there for COVID-19?

There are two types of tests for COVID-19:

- The **viral test** will tell if you are currently infected with the virus that causes COVID-19.
- An **antibody test** will tell you if you have previously been infected. However, there is not enough research yet to know if antibodies can protect someone from getting infected again.

Why should you get tested for COVID-19?

- Getting tested will help you to protect yourself, your loved ones and your community.
- Symptoms of COVID-19 may be similar to other common illnesses and can vary from person to person and getting tested can let you know for sure if you have the virus.
- Some people who are infected may have no symptoms. This means you could spread the virus without even knowing it.
- Minority groups and those with health conditions are at increased risk for severe illness and death from COVID-19.

What should you expect when you get tested for COVID-19?

1. The healthcare professional will take a sample from your nose (nasal swab). While collecting the sample from deep in your nose can be uncomfortable, this type of swab increases the accuracy of your test result.
2. Your test sample will be sent to a laboratory to be tested. This can take a few days.
3. While you wait for your results, you should:
 - **Self-isolate at home**
 - **Wear a mask and social distance if you must be in public**
 - **Seek medical care if symptoms worsen**
4. The healthcare professional who collected your sample will call you with the results of your test.
5. The healthcare professional will discuss what your results mean when they call you. It is important to remember that a negative result now does not mean you can't get sick later.
6. Whether you test positive or negative for COVID-19, you should continue to take preventive measures to protect yourself and others.



Stop the Spread of Germs

Help prevent the spread of respiratory viruses like COVID-19 and flu.

What are the symptoms?



Fever



Cough



Shortness of Breath

How is it prevented?



Wash hands often



Avoid touching eyes, nose, or mouth with unwashed hands



Avoid contact with sick people



Stay home while you are sick; avoid others

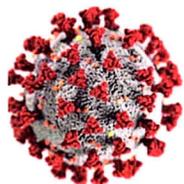


Cover mouth/nose with a tissue or sleeve when coughing or sneezing



Clean and disinfect frequently touched objects and surfaces

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



cdc.gov/coronavirus

COVID-19

If you have recently traveled to an area that has COVID-19 transmission and are experiencing symptoms mentioned below, call ahead to your health care provider before seeking medical care.



What is it?

- A new respiratory virus first identified in Wuhan, China
- It has the potential to cause severe illness and pneumonia in some people

How is it spread?



Through the air by coughing and sneezing



Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

Who is at risk?



Travelers to and from certain areas are at increased risk as are the close contacts of those who are ill



65 years and older and those with underlying health conditions



See travel guidance from the Centers for Disease Control and Prevention www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:



Fever



Cough



Shortness of Breath

How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu:

- **Wash hands** often
- **Avoid touching** eyes, nose, or mouth with unwashed hands
- **Avoid contact** with sick people
- **Stay home** while you are sick; avoid others
- **Cover mouth/nose** with a tissue or sleeve when coughing or sneezing



What is the difference between isolation and quarantine?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

ISOLATION

Isolation is for people who are already sick.



Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.



Isolation is a routine procedure in hospitals and healthcare facilities.



Isolation is usually voluntary, but in a public health emergency, officials have the authority to isolate people who are sick.

QUARANTINE

Quarantine is for people who are not sick, but may have been exposed.



Quarantined people may or may not become sick.



Quarantined people may stay at home or another location so they don't spread disease to healthy people.



If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.



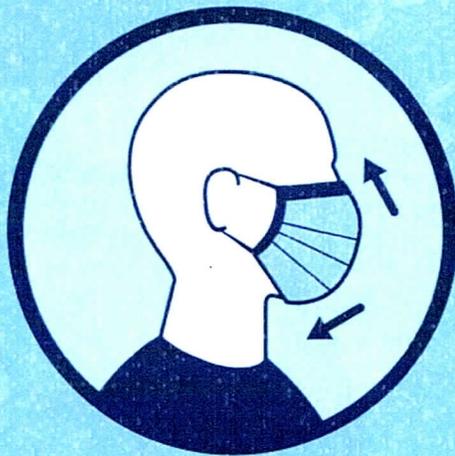
Quarantine can be voluntary, but in a public health emergency, officials have the authority to quarantine people who have been exposed to an infectious disease.

If we're going to Stay South Carolina Strong,
we all have to do our part.

Help stop the spread of COVID-19.

Wear a mask outside your home.

#staySCstrong



Cover from
nose to chin



Bend around nose,
if possible

**Visit scdhec.gov/stayscstrong
for more info and resources.**

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Remember to wash your hands before and after putting on a face covering. Don't touch your face or the covering after putting it on.

Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- cover your nose and mouth and allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

DHEC on Homemade Cloth Face Coverings

DHEC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

DHEC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Visit scdhec.gov/COVID19 to watch a video on homemade face coverings.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

COVID-19

Guidance for persons who have had close contact with a COVID-19 case

If you have had contact with someone who has 2019 novel coronavirus (COVID-19), you may have been exposed to COVID-19.

For your safety and the safety of others, DHEC recommends that you practice social distancing (avoiding others) and do the following:

1. Limit your contact with others



- Stay home and avoid contact with others.
 - Do not go to work or school.
 - Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares while practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theater) and limit your activities in public.
- Keep your distance from others (about 6 feet).
- DHEC recommends doing these activities for at least 14 days after your last exposure to the person with COVID-19. If you live with someone who has COVID-19, it's recommended that you do these activities for 7 days after the person with COVID-19 is no longer isolating themselves.

2. Monitor for symptoms and practice good hygiene



- Watch for fever, cough, or trouble breathing.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer that contains 60 to 95% alcohol.

If you begin to feel ill with **fever, cough, or shortness of breath:**

- Immediately self-isolate and avoid contact with others.
- Seek medical care, if needed.
 - Call ahead before you go to a doctor's office or emergency room.
 - Tell the doctor/emergency room about your possible exposure to COVID-19 and your symptoms.
 - Avoid contact with others when you arrive.
 - Several South Carolina health systems are offering telehealth screening options to the public. For more details, visit www.scdhec.gov/telehealth.

Visit scdhec.gov/COVID19 for more information or call the CARELINE at 1-855-472-3432 for general questions.

Preparing for the spread of COVID-19

How do I prepare?

**CREATE
A HOME
ESSENTIALS
KIT**



Non-perishable food



Bottled water



Medications



First aid kit



Baby supplies



Pet supplies

Know the symptoms of COVID-19



Fever



Cough



Shortness of Breath

Take everyday precautions



Wash your hands



Don't touch your face



Avoid sick people

COVID-19

Wear a mask to help protect yourself and others

COVID-19 Carrier

Healthy Person

