



GBS Health & Wellness

COVID-19: What to Do if You Think You Need a Test

The evolution of the COVID-19 epidemic is constantly evolving. The information in this document is based on information known at this time. As you communicate with your employees and look to make policy updates, GBS recommends that you reference real-time data from resources such as the Centers for Disease Control and Prevention (CDC) or National Institute for Allergy and Infectious Disease (NIAID). Local health departments are also releasing up-to-date information pertaining to your specific region.

If you think you have been exposed to COVID-19 or need a test for any reason, call your health provider or telemedicine service first. Testing is limited and most health systems are attempting to set up triage pathways for care and testing.

1. Ask before you go!

The first step is to contact your doctor or telemedicine. Your doctor will likely have more updated information than telemedicine. Many areas have urgent care clinics that may be able to assist you, but make sure you call before visiting.

2. No doctor? No problem.

Check with your local health department website for information if you do not have a physician. Find their contact information here: [Health Department Contact by State](#)

3. Call 9-1-1 if you have a medical emergency.

"Not everyone who wants to be tested will or should be tested. As the situation evolves, the criteria for who is appropriate for testing may change."
"Public health departments work closely with healthcare providers and the CDC to determine who meets these criteria and if testing is appropriate given their specific situation."

- Dr. Angela Dunn, epidemiologist

The availability of testing centers and supplies is increasing daily. State and local public health laboratories in all 50 states and the District of Columbia have successfully verified COVID-19 diagnostic tests. Real-time testing information is best accessed through your state's health department. To find yours, visit: [State Health Department Directory](#). *NBC News has compiled a comprehensive list of how each state health department is handling testing, and will be updating as they learn more. Click [here](#) to view.*

Here's 3 things you can do now to protect yourself and your community from the spread and impact of COVID-19:

1. **Follow preventive measures:** see tips on [Preventing the Spread](#)
2. **Know the signs and symptoms:** fever, cough, shortness of breath
3. **Take action** if you suspect you may have COVID-19 - tips listed below

If you think you have been exposed to COVID-19, call your health provider or tele-medicine service for medical advice first!

What to Do If You Are Sick

1. Stay at home except to get medical care
2. Separate yourself from other people and animals in your home
3. Call ahead before visiting your doctor in person
4. Wear a facemask when in contact with others
5. Follow the general guidelines for [preventing the spread](#)
 - [Clean hands often](#)
 - Cover coughs and sneezes
 - Avoid sharing personal household items
 - [Disinfect high-touch surfaces frequently](#)
6. Monitor your symptoms
7. Call 9-1-1 if you have a medical emergency
8. Stay at home until you are cleared to leave by your doctor

For more details and support on what to do if you are sick, visit [this CDC Guide](#).