



# COVID-19:

## Have I been exposed & do I need to test?

The scenarios below are examples of how Public Health determines exposure and need for testing.

### NO NEED TO TEST

**Scenario 1:** *I have not come into contact with anyone exposed to COVID-19, I do not feel sick, but I am afraid I may have COVID-19.*

**Response:** If you have no symptoms, then you have no reason to think you are sick, and you do not need to be tested. In fact, a medical facility will not test you without symptoms and exposure.

**Scenario 2:** *I went to San Jose airport a couple days ago to pick up my friend. I heard San Jose was a high risk area. I am not sick, but I am worried I was exposed to COVID-19.*

**Response:** If you are not showing symptoms, and you were not directly exposed to a person with a confirmed case of COVID-19, there is no reason to think you are sick. Medical facilities will not test you without symptoms and risk exposure.

**Scenario 3:** *I was at an event/meeting, later I found out someone at the event/meeting was diagnosed with COVID-19. I may have been within 6 feet of the COVID-19 case.*

**Response:** If you are not showing symptoms, and you were not directly exposed to a person with a confirmed case of COVID-19, there is no reason to think you are sick. Medical facilities will not test you without symptoms and risk exposure.

### MAY NEED TO TEST

**Scenario 1:** *My cousin came over two days ago and we shared a pizza. I found out my cousin was exposed to someone that had a **confirmed case** of COVID-19 so now he's being isolated. I do not feel sick, but I am scared I may have COVID-19. What should I do?*

**Response:** If your cousin develops symptoms he will be tested. You should quarantine yourself for 14 days. Testing at this time is not warranted because you display no symptoms. Should symptoms present, call your doctor, and testing would be warranted to rule out COVID-19.

**Scenario 2:** *I came back from Italy 5 days ago. I do not feel sick, and I was not told I came into contact with anyone with COVID-19. I am scared and do not know what to do. Should I get tested?*

**Response:** You would be considered a medium-risk exposure since you were in a high-exposure area, but you have no exposure to a **confirmed** COVID-19 case and no symptoms. You should quarantine yourself for 14 days. Testing at this time is not warranted because you display no symptoms. Should symptoms present, call your doctor, and testing would be warranted to rule out COVID-19.

## YOU HAVE SYMPTOMS

**Scenario 1:** *I work in Madera, and I started feeling sick yesterday. I have not come into contact with anyone that has COVID-19. What should I do? Should I get tested?*

**Response:** If you are sick, you should contact your primary care physician and self-isolate until you know what is going on. You will not be tested for COVID-19 if you have not been exposed to a confirmed COVID-19 case or have spent excessive time in a high-risk area. You will first be tested for flu and then progress from there. Follow your doctor's orders on what to do and when it is okay for you to return to work.

**Scenario 2:** *I went to Magic Mountain about a week ago. I also work as a receptionist at a hotel in Oakhurst hotel where a lot of foreign travelers frequent. I started feeling sick last night with a fever and cough. What should I do?*

**Response:** It is possible you have been exposed to COVID-19 due to your work with travelers. Call ahead to the doctor and follow the doctor's instructions for where to go once you get to the hospital. The hospital will conduct both a COVID-19 and flu test. This will entail taking a sample of the mucus in your nose. The sample will be sent to an outside lab for testing. Depending on how busy the lab is, results will typically be available in 1-3 days. Based on how sick you are, the doctor may send you home or admit you to the hospital. Since there are no treatments for COVID-19, you will be told to use the same treatments you would use for the flu. You will stay in isolation until the results are available. If you are negative for COVID-19 and positive for the flu, you will follow your doctor's orders on when to return to work. If you test positive for COVID-19, the Madera County Department of Public Health will be in direct contact with you and, more than likely, you will have to remain isolated until you have a negative COVID-19 test.

## TESTING – How it happens

1. Call your provider, if you do not have one, call Madera Community Hospital at (559) 675-5555 or Camarena at (559) 664-4000.
2. Depending on your symptoms and exposure the provider will instruct you on where to go.
3. Once at the provider the initial test is the same as how we test for the flu. A health care provider will take a large q-tip, swab the inside of your nose, put it back into the container and seal it.
4. The container is then shipped to a lab to be analyzed.
5. Depending on how busy the lab is, you will get your results from 2-4 days.
6. The results will be given to your doctor, who will then call you directly.
7. The doctor will further direct you based on your results.

*Still have questions? Please use the Madera County Department of Public Health COVID-19 Community Feedback Form at [www.maderacounty.com/covid-19](http://www.maderacounty.com/covid-19).*

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