

THE NUEVA SCHOOL HEALTH AND SAFETY PLAN TESTING

Should I Get Tested?

If you are **sick or have signs or symptoms** consistent with **COVID-19** or are **asymptomatic** but have had **recent contact** with a known case of, or suspected exposure to, COVID-19, **please stay home and contact your healthcare provider** for guidance. Your healthcare provider may recommend testing based on your symptoms and/or exposure risk.

If you do not have a healthcare provider or health care insurance, contact your local or county health department/hospital for advice and available resources for care and testing.

Types of COVID-19 Testing

There are multiple types of testing for COVID-19. Options continue to evolve depending on when and where you are and evolving availability of tests and test supplies at particular sites. Most tests are administered at health care facilities or designated testing sites. Most tests are administered by trained professionals. Some tests are self-administered. There are also increasing options for at-home self-administered tests. Tests may have different efficacy rates—including false positive and false negative results—and take varying time to process results, generally ranging from one to five days, but also shorter and longer periods of time. Costs and insurance coverage may vary, but testing should be available without cost at most sites. In all cases, please follow the guidance of your health care provider.

- **Viral** tests for **current/active** infection. This test is primarily done via a swab into the nose or through a saliva test; test results are generally available within one to five days. A **positive test result** means active infection while a **negative test result** means not infected at the time of testing but does not mean you cannot get sick.
- **Antibody** tests for **past/previous** infection. This test involves collecting a sample of blood—usually collected via a finger prick sample. Test results can be obtained in minutes. **Antibody testing does not indicate a current infection**. It is still unclear if having antibodies to the virus can protect you from getting infected again or how long that protection might last.

Testing should not be done in place of staying home when sick, practicing physical distancing, wearing a face covering, and good hand hygiene.

How or Where Do I Get Tested?

Contact your healthcare provider, local hospital, county health department or an urgent care center about how to access testing. Whoever you contact will be able to explain the testing process and provide information on where and how to arrange testing. Consult your health plan/insurance regarding out-of-pocket/copay fees and plan approved/in-network testing sites. **Testing sites may require an appointment and a physician's order before testing-check with the site for specific requirements.**

Below is a list of resources and testing sites in the Bay Area; this list is not a recommendation or exhaustive but includes a variety of options for testing.

- **Kaiser Permanente COVID-19 Testing Information.** Must be a Kaiser Member
- **Sutter Health COVID-19 Testing Information**
- **Palo Alto Medical Foundation (PAMF) COVID-19 Testing Information**
- **Dignity Health Urgent Care Urgent Care Sites**
- **Stanford Medical Group Medical Group**
- **UCSF Medical Center COVID-19 Testing Information**
- **One Medical COVID-19 Testing Information**
- **After Hour Pediatrics Urgent Care/San Mateo After Hour Pediatrics**
- Testing for pediatric patients and their adult family members
- **CVS Pharmacy CVS Testing Sites** 18 years and older only
- **Rite Aid Pharmacy Rite Aid Testing Sites** 18 years and older only
- **Project Baseline** community testing sites for 18 years and older only
- **Curative** community testing sites for students and adults

Testing Sites by County

- San Mateo County – [COVID-19 Testing | All of California in One County](#)
- Santa Clara County – [FREE COVID-19 Testing Sites - Novel Coronavirus \(COVID-19\)](#)
- San Francisco County – [Get tested: Find out about your COVID-19 testing options | San Francisco](#)
- Alameda County – [Testing for COVID-19 - ACPHD](#)
- Contra Costa County – [Get Tested | Coronavirus](#)
- Marin County – [COVID-19 Testing Information](#)