



COVID-19 TESTING

Recommendations and Requirements

WHEN TO GET TESTED:

- If a person has symptoms of COVID-19, you should get tested with a nasal test*

Common symptoms of COVID-19: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

This list does not include all possible symptoms, and CDC will continue to update this list as we learn more about COVID-19.

- If you have been exposed to COVID-19 – but do not have symptoms – you should wait at least 3–4 days after exposure before being tested.

* The Alabama Department of Public Health (ADPH) recommendation for testing is a PCR (nasal swab) test only. Blood tests for antibodies are NOT currently recommended for determining illness status.

AFTER YOU GET TESTED:

- **IT IS VERY IMPORTANT THAT INDIVIDUALS REMAIN ISOLATED – AWAY FROM OTHERS – UNTIL YOU AT LEAST GET YOUR TEST RESULTS.**
- Once you get your test results, you will get (or will need to get) additional quarantine/isolation instructions

GOING BACK TO WORK:

- Whether an individual is a CASE or a CLOSE CONTACT, they should totally complete isolation/quarantine instructions before going back to work – plus – be completely fever free for 24 hours without fever reducing medications.
- Having a repeat test in order to go back to work IS NOT recommended and is discouraged – except in very specific situations (individual is immunocompromised).
- Employers should not need any additional documentation beyond the quarantine information (or letter if available) in order to allow return to work.

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