

# About COVID-19 Testing

Coronavirus (COVID-19) is a lung (respiratory) illness that can be spread in several ways.

## Monitor your symptoms

### COVID-19 Symptoms\*

- Cough
- Shortness of breath/ trouble breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Fatigue
- Congestion or runny nose

## If your symptoms get worse

### Call your doctor right away

Call 911 immediately if you have any of the following emergency warning signs (and tell the operator you have or may have COVID-19):

- Trouble breathing
- Ongoing pain or pressure in the chest
- New confusion
- Trouble waking up or staying awake
- Bluish lips or face




## Testing

### Should I get tested for COVID-19?

- If you have symptoms, call your doctor first. Your doctor may order testing based on your symptoms and risk factors.
- Some people get better at home and may not need to be tested.

### Where can I get tested?

- To find a public test site or drive-thru location: Visit [covidtest.tdem.texas.gov](https://covidtest.tdem.texas.gov) OR Scan this QR code:
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- While waiting for test results:
    - Stay at home.
    - Minimize contact with others, including pets.
    - Wear a mask or face covering.
    - Practice safe distancing.
    - Wash your hands often, and sanitize\* items and surfaces that are touched often.

### What if my test is positive?

- If your test is positive, you will need to stay at home, and self-isolate. You must avoid contact with others in your household, including pets.
- Talk to your doctor for guidance on how long to self-isolate.

### What if my test is negative?

- You could still be exposed to COVID-19 after the test and get infected. Even if your test is negative, you should still take steps to protect yourself and others.

### Where can I find information about the COVID-19 vaccines?

- Visit [TexasHealth.org/GetYourVaccine](https://TexasHealth.org/GetYourVaccine) for more information.

\* Visit <https://cfpub.epa.gov/giwiz/disinfectants/index.cfm> to see if your disinfectant meets the Environmental Protection Agency's (EPA) criteria for use against SARS-CoV-2, the virus that causes COVID-19. These products are for use on surfaces only.



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For more information, visit [cdc.gov](https://cdc.gov) and [TexasHealth.org](https://TexasHealth.org).