# Alltech®

A QUICK GUIDE TO COVID-19 TESTING
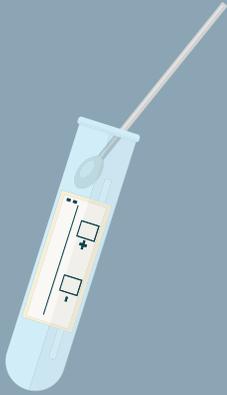
There are two types of tests available for COVID-19, but they have different purposes. Here's what you should know about each test:

PCR/NUCLEIC ACID TEST — *Do I have COVID-19?*

- Usually done with a nasal swab

- This is the diagnostic test that needs to be used to identify if you have the virus presently.

- The timing of the test and the quality of the sample taken are important to the detection of the virus. For example, if you were in contact with a positive COVID-19 case two days ago and receive a negative test result today, you still need to quarantine for 14 days from your last contact with the COVID-19 case as the test may have been performed too early to detect the virus. The only way to shorten your quarantine is to have two negative tests that are at least two days apart.

- Testing is valuable for your own awareness of your health status as well as contact tracing. If you test positive, all of your known recent contacts would be notified and asked to quarantine, which is an important means of mitigating the spread of the virus.
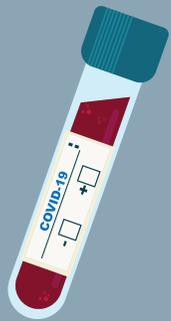
SEROLOGY — *Have I had COVID-19 previously?*

- Usually done via a blood test

- Is used to detect for the presence of antibodies (IgM & IgG), which would indicate that you have had COVID-19 previously

- It takes at least 7-14 days after the onset of symptoms to develop antibodies. Therefore, this type of antibody testing is not recommended for those within 8 days of symptom onset. It is also not the right test to use to screen someone for a current infection; a PCR test should be used instead.

Results of either test should be discussed with a healthcare professional to ensure proper understanding.