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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:

DIAGNOSTIC (PCR OR ANTIGEN) TEST — *Do I have COVID-19?*

• There are two types of diagnostic tests: PCR tests that detect the virus' genetic material and antigen tests that detect specific proteins on the surface of the virus.

• Usually done with a nasal or throat swab or with saliva collected by spitting into a tube.

• A diagnostic test can show if you have an active coronavirus infection and should take steps to quarantine.

• 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. Testing can take place as soon as symptoms start. For people without symptoms, it is recommended that testing take place five days after potential exposure.

• If the test is negative at five days after exposure and there have not been any symptoms, a team member may return to work after seven days. Asymptomatic team members with no test and no symptoms during daily health checks can return to work after 10 days.

• 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 will be notified and asked to quarantine, which is an important means of mitigating the spread of the virus.

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

ANTIBODY (SEROLOGY) — *Have I had COVID-19 previously?*

• Usually done via a blood test.

• Is used to detect for the presence of antibodies (IgM and 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 diagnostic test should be used instead.

BREAKING NEWS: The U.S. Centers for Disease Control and Prevention (CDC) made headlines this week by announcing the potential to reduce the 14-day quarantine. It's important to note that they still recommend 14 days but have provided guidance for how this may be reduced to 7-10 days. Learn more here, and remember that the COVID-19 Task Force will advise you as to what is most appropriate in your specific situation.