

COVID-19 Testing in California – What You Need to Know

Test at home and keep your friends, family & community safe.

When should I test for COVID-19?

1. **If you have any [symptoms](#) of COVID-19,**
 - Test immediately, regardless of your COVID-19 vaccination status.
 - If your test is negative but you continue to have symptoms, test again 24-48 hours later. Low amounts of virus early in infection can be missed by a test, and the test can be positive a few days later.
2. **If you have had [close contact](#) with someone with COVID-19,**
 - Test when notified of exposure and 3-5 days after exposure, even if you have no symptoms.
 - Test immediately if symptoms develop.
3. **Consider testing before and 3-5 days after a gathering, a large event or [travel](#),** especially if you are going to be around [people who are higher risk](#) (older adults, immunocompromised, unvaccinated people).

Where can I get an at-home test?

1. Get FREE tests with medical insurance at your local drugstore (in-store or online):
 - MediCal or Medicare – bring your card to a pharmacy window.
 - Private insurance – contact your insurance company for free tests or reimbursement.
2. Purchase from your local drugstore (in-store or online). Tests are usually about \$10 each.

Where else can I get tested?

Find a [testing site online](#) or call (833) 422-4255 or 211.

What if my test is positive?

You have COVID-19. Contact a health care provider to see if you are eligible for [COVID-19 treatments](#) to prevent severe symptoms, hospitalization, or death. Follow [recommendations to prevent spreading the disease to others](#). Report your positive test on [canotify.ca.gov](#).

If you have severe symptoms call 911 or go to the nearest hospital.

What if I cannot work because of COVID-19?

If you cannot work because you have COVID-19 or were exposed, you can [file a Disability Insurance \(DI\) claim](#). If you cannot work because you are caring for a family member who has COVID-19, you can [file a Paid Family Leave \(PFL\) claim](#). Both claims must have a note from a health care provider.



COVID-19 can feel like a cold, allergies, or the flu and includes the following symptoms:

- 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
- Diarrhea



Scan the QR code to see the interactive links on this flyer.

