

# COVID-19 Community Testing Frequently Asked Questions



This free testing is also available for all School Staff and County Staff in Sacramento County. Please see Sacramento County's [COVID-19 Testing webpage](#) for an updated list of all Sacramento area testing locations.

## Where are the community based sites and how do I register for a test?

All locations close from Noon-1:00 PM for lunch				
Monday	8AM-4PM	Liberty Towers Church 5132 Elkhorn Blvd., Sacramento, CA 95842 Appointments: 916-583-8877 or <a href="https://libertytowerscommunity.setmore.com">https://libertytowerscommunity.setmore.com</a>	9AM-5PM	La Familia Maple Neighborhood Center 3301 37th Ave., Room 7, Sacramento, CA 95824 (park on 36th Ave) Appointments: 916-990-1311 or <a href="https://lafamiliamaple.setmore.com">https://lafamiliamaple.setmore.com</a>
Tuesday	10AM-6PM	Natomas Unified School District 1931 Arena Blvd., Sacramento, CA 95834 Appointments: 916-561-5253 or <a href="https://natomasunified.setmore.com">https://natomasunified.setmore.com</a>	10AM-6PM	Cordova Neighborhood Church 10600 Coloma Road, Rancho Cordova CA 95670 Appointments: 916-361-8684, or <a href="https://folsomcordova.setmore.com">https://folsomcordova.setmore.com</a> Closed 1-2pm for lunch
Wednesday	8AM-4PM	Oak Hills Church 1100 Blue Ravine Rd., Folsom, CA 95630 Appointments: <a href="https://folsom.setmore.com">https://folsom.setmore.com</a>	9AM-5PM	Tetteh Pediatric Health 7248 S Land Park Dr., Suite 118, Sacramento, CA 95831 Appointments: <a href="https://bit.ly/TPH_C19">https://bit.ly/TPH_C19</a>
Thursday	8AM-12PM	Chabolla Community Center 600 Chabolla Ave., Galt, CA 95632 Appointments: 209-366-7180 or <a href="https://galt7662.setmore.com">https://galt7662.setmore.com</a>	9AM-5PM	Robertsons Community Center 3525 Norwood Ave., Sacramento, CA 95838 Appointments: 916-567-9567 or <a href="https://robertsonscommunitycenter.setmore.com">https://robertsonscommunitycenter.setmore.com</a>
	1PM-5PM	River Delta 14181 Grove St, Walnut Grove CA 95690 Appointments: <a href="https://riverdelta.setmore.com">https://riverdelta.setmore.com</a>		
Friday	8AM-4PM	South Sacramento Christian Center 7710 Stockton Blvd., Sacramento, CA 95823 Appointments: 916-681-6791 or <a href="https://southsacramentochristiancenter.setmore.com">https://southsacramentochristiancenter.setmore.com</a>	9AM-5PM	St. Paul's Missionary Baptist Church 3996 14th Ave., Sacramento County, CA 95820 Appointments: 916-573-3555 or <a href="https://stpaul039s.setmore.com/">https://stpaul039s.setmore.com/</a>

*These testing sites are NOT for: travel clearance; surgery clearance (Contact your health care provider); people with severe fever, cough, or other symptoms. (Contact your health care provider); or, people that have tested positive for COVID-19 within 10 days of the testing date.*

#### **Can I bring my kids?**

- Yes you can, but you'll need to make appointments for them separately. These community testing sites have appointments available for schools and County staff in Sacramento County and for community members.

#### **What should I bring with me?**

- Any form of identification with a name and a birthday.
- U.S. Citizenship or legal residency is not required.

#### **I don't feel sick can I still come in?**

- Yes, people with no symptoms or with mild/moderate symptoms can get tested at this site.
- However, people with severe symptoms should contact their healthcare providers.

#### **What should I expect at my appointment?**

- Anyone coming in for a test will be expected to maintain social distancing, and wear a face covering at the testing site. A mask will be made available if you don't have one.
- Bring a form of identification with a date of birth to check in at your appointment.
- A qualified healthcare provider will administer the nasal swab collection procedure.
- The test takes no more than 60 seconds from start to finish. You may be at the site longer to check-in, finish up registration and get prepared for your visit.

#### **How will I get my results?**

- If you test positive - a doctor will call you directly to notify you of your results and the next steps you should take. You will also receive an email from StemExpress with a copy of your results.
- If you test negative - StemExpress will email you with the status of your results.
- Provide both a phone number and an email address so we can get in touch with you quickly.
- All testing results are confidential. If you test positive, you should notify your employer so they can take appropriate steps to minimize spread in the workplace.

#### **What should I do if I test positive?**

- Stay home, most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- As much as possible, stay in a specific room and away from other people and pets in your home. If possible, use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- Monitor your symptoms. Trouble breathing is a more serious symptom that means you should get medical attention.

#### **How is the virus spread?**

- COVID-19 mainly spreads from person to person, similar to the flu. This usually happens when a sick person coughs or sneezes near other people and releases respiratory droplets. It may also be possible to get sick if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes.

### **What are the symptoms of COVID-19?**

- Symptoms typically start 4–5 days after exposure or infection. The symptoms are often indistinguishable from influenza (flu). The majority of patients have one or more of these symptoms: Fever, Cough, Feeling fatigued, Shortness of breath, Muscle aches/pains.

### **Are there medicines that I should or should not take for COVID-19?**

- Currently, there are no medications specifically approved to treat or prevent COVID-19. There are over the-counter medications to manage symptoms.

### **How can I protect myself and my loved ones from COVID-19?**

- The California Department of Public Health recommends people take steps to prevent the spread of all respiratory viruses, including COVID-19 (coronavirus):
  - Wash your hands with soap and water or an alcohol-based hand sanitizer if soap and water are not available. Wash your hands frequently, for at least 20 seconds, and certainly after sneezing or before/after touching your face or a sick person. Avoid touching your face with unwashed hands.
  - Stay away from work, school and other people if you become sick with any respiratory symptoms like fever and cough. Do not travel while sick.
  - Avoid close contact with people who are sick. People who are sick should be in a room, with the door closed, to help prevent spreading the disease to other people.
  - Avoid touching your eyes, nose and mouth.
  - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you are coughing and sneezing, isolate yourself away from others.
  - Clean and disinfect frequently touched surfaces at home, work and school.
  - Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

### **How long should I wait to re-test if I got a negative result? Should I re-test?**

- If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing and you should still protect yourself. If you experience symptoms or believe you were exposed in the future you should get retested.
- For periodic routine testing, recommended frequency include testing all staff over 2 months, where 25% of staff are tested every 2 weeks, or 50% every month to rotate testing of all staff over time



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