



Get tested to keep your loved ones and community safe.

You should get tested if you have symptoms of COVID-19, attended a large gathering, or have been in close contact with someone who tested positive. Gatherings are important to many families, but these events can spread the virus.

Getting tested for COVID-19 is important because:

- A positive test result allows you to self-isolate sooner and reduce the spread of COVID-19.
- An earlier diagnosis can help you get treatment before symptoms get worse.
- It protects you, your family and friends.
- It helps health officials find clusters of COVID-19 cases and prevent further spread of the virus.

Getting tested is quick, easy and no medications are given. Free testing sites are open to everyone regardless of income and insurance is not needed. For more information, visit: ramseycounty.us/testing-site



If you test positive for COVID-19.

- COVID-19 tests are extremely accurate, there is a little to no chance that you will get a false positive.
- Tell the people who had close contact with you in the past two days so they can get tested.
- Self-isolate by staying home and in a separate room from others.
- Rest and stay hydrated.
- Contact Tracers will call you. Be honest when answering questions from your health department. Their goal is to keep everyone safe and to limit the spread of COVID-19.



Reducing COVID-19 stigma.

Anyone can become infected with COVID-19, but most people will recover from it.

Help reduce the stigma around COVID-19 testing by:

- Sharing facts about COVID-19 testing with your friends and family.
- Reading the latest information regarding COVID-19 on the Ramsey County website (ramseycounty.us/coronavirus) so you do not spread false information.
- Challenging myths and stereotypes around COVID-19 testing.

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