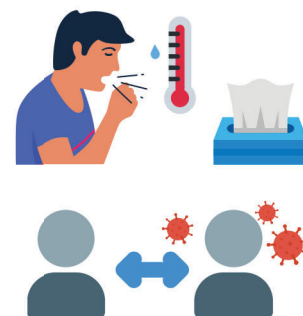# COVID-19 Testing

Get tested if:

- **You have symptoms of COVID-19**: cough, fever, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, congestion or runny nose, feeling dizzy or vomiting, diarrhea or runny poop, or loss of taste or smell.
- **You have been in close contact of someone who tested positive for COVID-19** (within 6 feet or less for more than 15 minutes).

Knowing if you have COVID-19 can help you get treatment right away and prevent you from spreading the virus to your family and community.

There are two main ways to get tested for COVID-19:

Set up a testing appointment.

OR

Take a COVID test at home.

How to set up a testing appointment.

COVID-19 testing sites are available all over New Mexico. The easiest way to find a testing site near you is to visit findatestnm.org. You can search by zip-code for a list of testing sites with business hours, contact information, and addresses. A map also shows each testing location.

New Mexico

You can find testing locations, at-home tests, and more at: Findatestnm.org

How to get an at-home COVID-19 test.

There are many different brands of COVID-19 at-home tests. They can be bought at pharmacies, picked up for free in select locations, or delivered for free to your home address. At-home rapid antigen tests are fast and easy with results in around 15 minutes. If you would like to order free home tests, visit findatestnm.org.
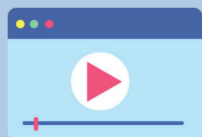
Each home test has its own instructions that are included in the test kit box. To find a video on how to use your brand of home test, visit CDC | Self-Testing Videos

The Centers for Disease Control (CDC) also has an online calculator to help you decide how long to stay at home after testing positive for COVID-19. Find this tool at CDC | Quarantine and Isolation Calculator.

See the next page for instructions on what to do with your COVID test result!

If you were exposed to COVID-19

Wear a mask as soon as you find out you were exposed to COVID. Continue to wear a mask for 10 days.

Watch for symptoms. If you start to feel sick, isolate until you know your test result.

- Cough
- Fever or Chills
- Muscle or body aches
- Vomiting, diarrhea
- Shortness of breath
- New loss of taste or smell

Get tested at least 5 full days after your last exposure. Everyone should test even if you don't have symptoms.

If you test Negative
Continue to wear a mask through day 10.

If you test Positive
Isolate immediately and follow the guidelines for a positive test.

If you feel sick and think you have COVID-19

Get tested immediately.

Stay home and isolate until you have your test results.

Wear a mask around others.

If you test Negative
You can end isolation, but refer to the guidelines on the next page.

If you test Positive
Isolate immediately and follow the guidelines for a positive test.

If you test positive for COVID-19

Stay home and isolate for at least 5 days.
End isolation based on how serious your COVID symptoms are.

If you did not have symptoms: You can end isolation after day 5.

If you had symptoms: You can end isolation if you have isolated for at least 5 days, you haven't had a fever for 24 hours, and your symptoms are improving.

After ending isolation, wear a high quality mask around others for 5 more days.

If you tested for COVID-19 using a home test

Sometimes, a person who has COVID-19 might not test positive on a home test right away. People who test negative on a home test may need to test again to make sure they are not infected.

If you test Positive on a home test

Isolate immediately and follow the guidelines for a positive test. You do not need to take any more tests.

If you test Negative on a home test

- If you do not have symptoms, you can return to your normal activities.

- If you have symptoms, take 2 more tests 48 hours apart. If your tests are negative but you are still concerned that you could have COVID, you can choose to test again or get a PCR test.

If you tested for COVID-19 using a PCR test

PCR tests are the most reliable tests for people with or without symptoms of COVID-19.

If you test Positive on a PCR test

Isolate immediately and follow the guidelines for a positive test. You do not need to take any more tests.

If you test Negative on a PCR test

- If you have symptoms but test negative on a PCR, you may be sick with another virus. Take general precautions to prevent spreading an illness to others.

- If you do not have any symptoms of COVID-19 and you have not been exposed to COVID, you can return to your normal activities.