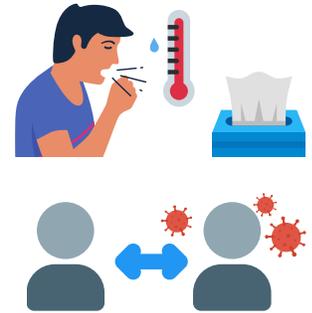


COVID-19 Testing

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.



You can find testing locations, at-home tests, and more at: [Findatestnm.org](https://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!



Positive test result



Stay home for 5 days

(for both vaccinated and unvaccinated)



Stay at home in a room away from others in your household.



You do not need to get an additional PCR test



If you have no symptoms after 5 days, you can leave your house **BUT** wear a mask for 5 more days.

If you have a fever, continue to stay home until your fever is gone for 24 hours



To prevent the spread of COVID, tell anyone you have recently had close contact with and encourage them to get tested, monitor for symptoms, and reduce exposure to other people.



Negative test result

Have Symptoms

(for both vaccinated and unvaccinated)



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



If possible, Get a PCR test or Repeat at-home test in 1-2 days



Stay at home until you know your test result.



If you test positive, follow the guidelines for a positive test result.



If you test negative again, no other test is needed at this time.

If you can't get a test, assume you are positive and stay home

No Symptoms

(depends on vaccination status - see below)



No other test is needed at this time, except



If you had close contact with someone with COVID-19



If you are up to date on all vaccine that you are eligible for:

- Wear a mask around others for 10 DAYS
- Test on Day 5 if possible



If you are unvaccinated, not fully vaccinated or without a booster (not up to date)

- **Stay at home for 5 days**
- Then wear a mask around others for 5 more days
- Test on day 5 if possible



If you develop symptoms, stay home and go to "Have symptoms" column