## COVID-19 Test Information Packet: What to expect?

<u>About the test:</u>
- Medical professionals from the Seattle Fire Department will be administering a nasal swab test.
- This test detects if you currently have the virus. It does not test for immunity or antibodies.
- If your test is negative, you should minimize contact for 14 days as it can take up to two weeks for symptoms to appear.
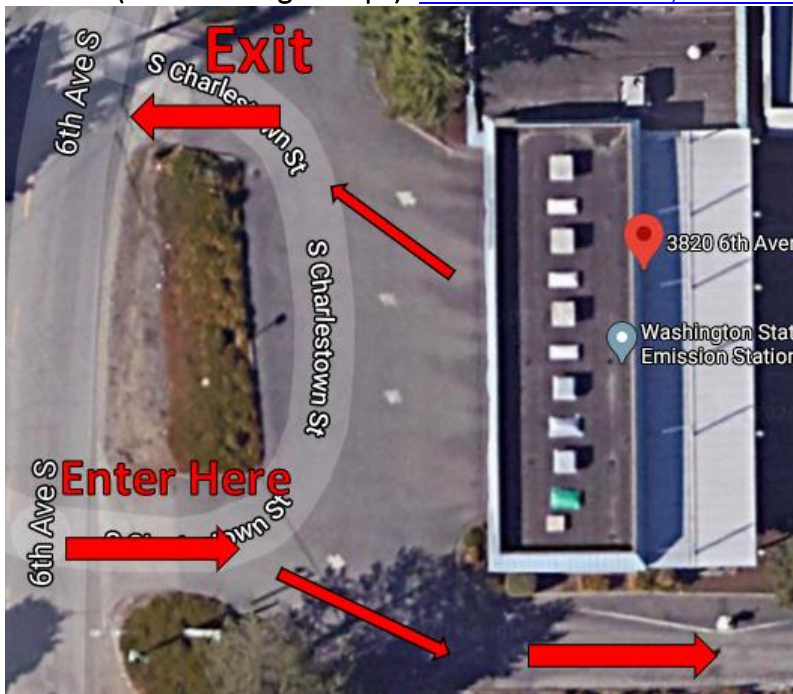
There are four parts to this information packet:
1. How to approach the SODO and Aurora Test Site Locations
2. Day of testing process
3. How to get your test results
4. Positive or Negative: Stay home!

# 1. How to approach the SODO and Aurora Test Site Locations

<u>SODO Site</u>
Address (links to Google Maps): [3820 6th Ave South, Seattle WA 98108](3820 6th Ave South, Seattle WA 98108)



*Satellite Image of SODO Site*

2. Aurora Site
Address (links to Google Maps): 12040 Aurora Ave N, Seattle WA 98133



*Satellite Image of Aurora Site*

## 2. Day of Testing Process
- Go to your test at your scheduled time. Bring a photo ID with your date of birth and your insurance card if you have one.
- Wear a mask.
- The process will take about 20 minutes.
- If you feel severely ill, please do not come to your test. Seek care with your medical provider or call 911.

If arriving in vehicle:
1. If you arrive at the site in a car, keep your windows rolled up.
2. When approached, open your window **two inches** to show an attendant your photo ID and verify all the information you entered during the registration process is correct.
3. You will then go to a second station for the nasal swab test.
4. At the testing station, you will turn off your vehicle and roll your window down so that the test can be administered. You may be asked to verify your name and date of birth again.
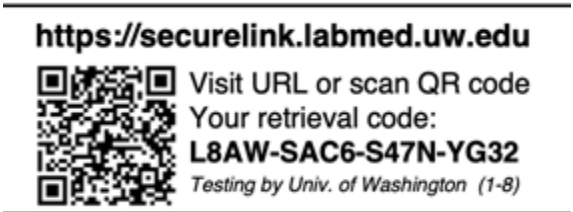
If on foot, bicycle, scooter or other transport:

1. Wear a mask and stay 6 feet away from others.
2. Follow the attendant's signs. You will be asked to show your photo ID and insurance card if you have one.
3. You will then go to a second station for the nasal swab test.
4. At the sample collection station you may be asked to verify your name and date of birth again. Follow the attendant's instructions.

### How we will collect your sample

1. To take your sample, the medical staff will ask you to tilt your head back 70 degrees. They will insert the swab deep into one of your nostrils to collect the sample. It will be held in place and then rotated to collect the sample.
2. The staff will then prepare your sample for processing.
3. Then they will hand you a form with your QR code on it.
   a.
   

   **https://securelink.labmed.uw.edu**
   Visit URL or scan QR code
   Your retrieval code:
   **L8AW-SAC6-S47N-YG32**
   *Testing by Univ. of Washington (1-8)*

4. Please keep this QR code secure. You will need it to get your test results. We recommend that you take a picture in case you lose it.

## 3. How to get your test results
### Get your results

1. You will not receive a notification when your results are ready. **To find your results either:**
   a) Scan the QR code to access results directly using the camera application on your phone, or
   b) Go to the website https://securelink.labmed.uw.edu to search your results by entering the 16-digit retrieval code (e.g., L8AW-SAC6-S47N-YG32) and your date of birth.



Retrieval Code (Where can I find this?)

####-####-####-####

16-digit retrieval code from your test retrieval card. Have an 8-digit code? Go here

Date of Birth

MM/DD/YYYY

The date of birth for the individual tested.

Click here to retrieve results

## 4. Positive or Negative: Stay home while you are sick!
<u>If You Test Positive – This means you have COVID-19:</u>

- Avoid people who have not tested positive for COVID-19.
- You do NOT need to avoid the people in your house who have already been diagnosed with COVID-19.
- Stay in isolation, following the guidance in this document.

| How long you stay in isolation depends on your symptoms, If you have no symptoms, stay in isolation for: <br> • At least 10 days after you tested. <br> • **AND** limit contact with others, wear a mask or face covering, and continue to stay 6 feet away from others for another 3 days. | If you have or develop symptoms, stay in isolation for: <br> • At least 10 days after symptoms first appeared <br> • **AND** wait until you have not had a fever for at least 3 days (72 hours) without the use of medicine that reduces fever, such as Tylenol or ibuprofen <br> • **AND** your cough and breathing are improved. |
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### Negative test
- If you test negative for COVID-19, you probably were not infected at the time of your test. That does not mean you will not get sick. It is possible that you were very early in your infection when you were tested. You could also be exposed after your test.
- Please continue to practice social distancing, wear a mask in public and follow the Stay at Home order.

### Positive result
Most cases can be cared for at home.
- Do not go to the hospital to seek care unless you have a medical emergency.
- Do not go to work and begin home isolation.
- Continue to monitor your symptoms

### How long you stay in isolation depends on your symptoms:

| How long you stay in isolation depends on your symptoms: If you have no symptoms, stay in isolation for: <br> • At least 10 days after you tested. <br> • **AND** limit contact with others, wear a mask or face covering, and continue to stay 6 feet away from others for another 3 days. | If you have or develop symptoms, stay in isolation for: <br> • At least 10 days after symptoms first appeared <br> • **AND** wait until you have not had a fever for at least 3 days (72 hours) without the use of medicine that reduces fever, such as Tylenol or ibuprofen <br> • **AND** your cough and breathing are improved. |
|---|---|

[CDC resources about what to do if you are sick](#)