



COVID-19

Should I Get Tested?

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If you have returned from
ANY international travel or
a cruise within the last 14 days
and you have a cough or
shortness of breath,
OR



if you have been in close contact with someone
who has recently returned from international
travel or a cruise and has any of the symptoms
above:

- **CALL** your health care provider or county health department (CHD).
- **SCAN** the code for the CHD finder.



Symptoms

The most common symptoms of COVID-19 are **cough and shortness of breath**. Other symptoms include fever, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.



These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people recover from the disease without needing special treatment.



Learn more:

tinyurl.com/rnohcbc

tinyurl.com/yb34svf4

If your travel history has not put you at risk, take note:

If you have been in close contact with someone who may have or had COVID-19, and you have symptoms of a cough or shortness of breath, or you have an underlying medical condition like diabetes or heart disease, or a history of cancer.

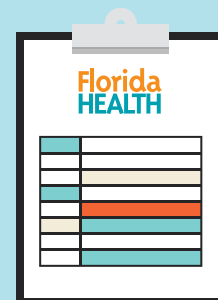
Call, do not visit, your CHD or health care provider.

It's **IMPORTANT** to call ahead before visiting your CHD or health care provider. Offices must take proper steps to avoid further spread of COVID-19 when a concerned patient arrives for a medical appointment.



How testing is done.

A person who is tested will have three specimens taken: oral, nasal and saliva. Samples will be given to the CHD and from there, shipped or delivered to the closest laboratory. Test results are available within 24–48 hours.



What if I test positive for COVID-19?

- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask when around others.
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day.

