

# CORONAVIRUS (COVID-19)



DELAWARE HEALTH  
AND SOCIAL SERVICES  
Division of Public Health

## COVID-19 Testing: Frequently Asked Questions

### Who Should Get Tested?

Anyone can get tested for COVID-19 – even those without symptoms. People who should get a COVID-19 test include:

- People who have symptoms of COVID-19.
- People who have come into close contact with someone with COVID-19 should be tested to check for infection:
  - Fully vaccinated and unvaccinated people should get tested 5-7 days after being exposed to someone with COVID-19, or immediately if symptoms develop.
- Unvaccinated people who participated in activities where they couldn't social distance, such as travel, attending large gatherings, or being in crowded or poorly-ventilated indoor settings.
- People whose health care provider, health department or employer has recommended they be tested.
- Anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection.

### What Symptoms Should I Look For?

Stay home if you are sick with: fever, cough, shortness of breath, sore throat, muscle aches, fatigue, chills, shaking with chills, headache, nausea, vomiting or diarrhea, loss of smell or taste. Other symptoms such as abdominal pain or lack of appetite have been identified as potential symptoms related to COVID-19 and may prompt further questions or action by a medical provider.

### What Types of Tests Are There?

- A viral test (or PCR test) tells you if you have a current infection.
- An antibody test (also known as a serology test) might tell you if you had a past infection but do not diagnose a current infection.

### How Often Should I get Tested

- Unvaccinated persons are recommended to get tested on a weekly basis.
- Get tested immediately if you develop symptoms
- Get tested 5 - 7 days if you are exposed to someone else with COVID-19.

Most health care workers and first responders are recommended to be tested once every four weeks, and most other critical infrastructure personnel are recommended to be tested at least once a month. Your employer may decide you should be tested more frequently.

Testing on a routine basis (at least once a month) should be considered for employees in these occupations. Increased testing may be needed if an outbreak occurs:

- Retail operations
- Food Service
- Cosmetology, tattoo and massage
- Education, including Early Childhood
- Dentistry
- Postmortem care
- Social services and home visitors
- Meat and poultry processing
- Manufacturing
- Laboratory
- Airline and other transport operations
- Volunteers providing frontline services
- Border protection and transportation security
- Correctional facility operations
- Solid waste and wastewater management
- Environmental (i.e., janitorial) services

### Where Can I Get Tested?

Visit [de.gov/gettested](https://de.gov/gettested) to find a testing location near you, or order a home test kit.

# More information about COVID-19 testing

[de.gov/gettested](https://de.gov/gettested)