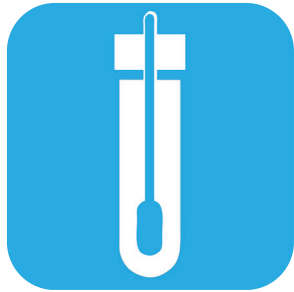# COVID 19: TESTING

Testing helps slow the spread of COVID-19 by identifying and isolating individuals who test positive before they infect others in our community. Testing is available to all Tompkins County residents at no cost. Together, we can stop the spread of COVID-19.

Always wear a face covering when in public or at a private gathering.

Always keep 6 feet of distance from others.

TOMPKINS COUNTY **HEALTH** DEPARTMENT
Your Partner for a Healthy Community

TompkinsCountyNY.gov/health

Who should be tested?

Anyone who:

- has symptoms, such as fever or chills, cough, trouble breathing, pain or pressure on the chest, loss of taste or smell.

- knows or was told they were exposed to a positive case.

- is advised by the Health Department or a health-care provider.

- is required by their employer in contract with Cayuga Health.

- is an essential worker.

Where is testing?

For Tompkins County residents:

- Go to the Cayuga Health Mass Sampling Site, located in the parking lot at The Shops at Ithaca Mall, 40 Catherwood Rd., Ithaca. Hours are Mon-Fri, 8:30-4:00.

- This is a drive through site.

- You must have an appointment. Go to cayugahealth.org, or call 607-319-5708 to register.

What about transportation?

If you need a ride to the Sampling Site, after you have registered, call 2-1-1 during business hours to arrange transportation.

What is the cost?

There is no cost for Tompkins County residents.

I got tested. Now what?

- If you have symptoms, or were exposed to a positive case, you must return to your residence and self-quarantine. Staff at the sampling site will provide instructions.

- If your result is positive, a public health nurse will call, instruct you to begin a term of mandatory isolation, explain the process and be sure you have what you need.

- If your result is negative, Cayuga Health staff will call and tell you if you need to self-quarantine or may resume daily activities.

- You may also get your test results on the Cayuga Health patient portal.