

COVID-19: KNOW BEFORE YOU GO!

Self-Testing

When & How to Test

Plan

- ☑ Consider testing before gathering with others, before attending an event, or after travel. You can help prevent the spread of COVID-19.

Prep

- ☑ Wash hands well and clean area surfaces. Read all the instructions completely.

Test

- ☑ Take the test exactly as directed. Use a timer to be accurate.

If you test positive, isolate and report your results to TCHD. Scan this QR code, go to bit.ly/tchdselftestform, or call 2-1-1.



Testing helps
stop the
spread



Your Partner for a Healthy Community

www.tompkinscountyny.gov/health