Don't Fear the Test

Taking a COVID-19 test might seem scary, but it's not a big deal when you know what to expect.

1. Do an online search for tests nearby.
   - [https://covid19.ca.gov/get-tested/](https://covid19.ca.gov/get-tested/)
2. Register to take the test.*
3. Call before you go for all the latest testing info.
4. Wait on appointment day.

*Not all testing sites have an option to register.

When it's your turn, your test will take about 30 fast seconds...

1. The nurse comes with a nasal swab.
2. Breathe out for 3-4 seconds.
   - "To me, the nasal swab felt cold like going outside on an icy winter day."
3. Then you pull your mask down.
4. Mask up and leave.**

**Be sure to ask how to get your results.

Schedule a COVID-19 test today. Tell your family and friends to schedule one, too.

#TestingSavesLives
#TestTraceProtect

CRIHB COVID-19 Resources