Don't Fear the Test

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

Do an online search for testing sites nearby. Register to take the test.* Call before you go for all the latest testing info. Do not eat, drink, chew gum, or use tobacco for 30 minutes before you take the test.

When you get to the testing site, check in, and...

Wait your turn in line for the nurse to come get you. Then you pull your mask down.

The nurse will give you a vial for your saliva. Spit into the vial up to the second line.

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

*Not all testing sites have an option to register.

#TestingSavesLives  
#TestTraceProtect

CRIHB COVID-19 Resources  