

COVID-19 Testing Information

Updated: May 5, 2020

We have been getting a lot of questions about who should get tested for COVID-19 and where testing is taking place near Mountain View. Santa Clara County Public Health Department has put together an extensive webpage with information at <https://www.sccgov.org/sites/covid19/pages/covid19-testing.aspx>. (中文, Español). We strongly encourage you to visit the County website for the latest and most detailed information on testing. Here are some highlights:

Who should get tested?

- **Priority is being given to people who have symptoms.** The list of symptoms has been expanded to include: fever, tiredness, cough, and muscle or body aches, shortness of breath and complications from pneumonia. Symptoms may also include nausea with vomiting, diarrhea, chills, night sweats, sore throat, headaches, confusion, or loss of sense of taste or smell.
- **It is also recommended** that people without symptoms who
 - have been in contact with someone who has tested positive
 - work in high-risk settings such as nursing and long term care, jails or shelters
 - work in hospitals, healthcare or other essential services
- **If there is testing capacity**, the County now also recommends testing for:
 - People in professions that have frequent contact with the public (grocery stores, utility workers, food service workers, first responders, etc.)
 - All hospitalized patients and patients being admitted for elective surgeries
 - All residents of living facilities where people congregate (nursing homes, shelters, etc.)
 - All persons >60 years of age OR of any age with chronic medical conditions that increase the risk of severe COVID-19 illness.

How do I get tested?

- **If you have a health provider**, call your regular doctor first and make an appointment to get tested.
- **If you do NOT have a health provider OR you do NOT have health insurance**, call the Santa Clara Valley Medical Center, Valley Connection Line at 1-888-334-1000 and ask to speak to an advice nurse who can connect you to necessary testing and care.
- Other testing options:
 - Project Baseline by Verily has an online screening tool and will match you with the closest facility: <https://www.projectbaseline.com/study/covid-19/eligibility>
 - OptumServe has opened new sites in San Jose and Gilroy. Tests are by appointment only. Appointments can be made by calling 1-888-634-1123 or visiting lhi.care/covidtesting.

What are the different tests?

There are two types of tests available.

- **PCR tests (or viral detection tests)** are used to diagnose COVID-19 and will be the one that most people will use to determine if they are currently infected. It is administered by taking a mucus swab and sending it to the lab to test.
- **Antibody tests (or serology tests)** are used to determine if people have been exposed previously to COVID-19. A positive antibody test DOES NOT MEAN you are immune. It only means that your body has previously been exposed to the virus.
 - There are currently many over-the-counter tests being released commercially; HOWEVER, not many have been approved for accuracy or quality. Please consult a healthcare professional.