

# GET YOUR FREE, SAFE AND EASY COVID-19 TEST

**UNIVERSITY OF MARYLAND HEALTH PARTNERS** cares about your health and well-being. We want every member to get a COVID-19 test. You **DO NOT** need to have symptoms to be tested. **TESTING IS FREE, SAFE AND EASY.**



## WHAT IF I THINK I HAVE COVID-19?

- CALL YOUR DOCTOR.
- YOUR DOCTOR MAY SEND YOU TO A DESIGNATED COVID-19 TESTING LOCATION.
- TESTING LOCATIONS MAY REQUIRE A REFERRAL FROM YOUR DOCTOR AND AN APPOINTMENT TO BE TESTED.
- ALWAYS CALL YOUR DOCTOR OR A TESTING LOCATION TO FIND OUT WHAT TO DO BEFORE YOU ARRIVE.

## HOW DO I GET TESTED?

- Call your doctor to get tested.
- You do not need to have symptoms to be tested.
- Testing can be done in your doctor's office or at a designated COVID-19 testing location.

## DOES IT COST \$ TO GET TESTED?

- Testing is free.
- Take your University of Maryland Health Partners member ID card!

## DOES GETTING TESTED HURT?

- It is safe to visit your doctor or a designated COVID-19 testing location in Maryland.
- A technician will put a special 6-inch cotton swab up both sides of your nose and move it around for about 15 seconds. It won't hurt, but it might be uncomfortable.

## WHAT DO I DO IF MY TEST IS POSITIVE?

- Separate from others, including members of the household.
- Wash your hands often.
- Stay at home as much as possible.
- Maintain social distance of at least 6 feet.
- Always wear a mask in public.
- Call ahead for all appointments.
- Quarantine for at least 7 days after last symptom and 3 days after last fever.
- Ask your doctor about recovery testing after being COVID-19 positive.

## CAN I STILL GET COVID-19 IF MY TEST IS NEGATIVE?

Yes. Until there is a vaccine for COVID-19 and the members of your household should take precautions:

- Wash your hands often.
- Maintain social distance of at least 6 feet.
- Always wear a mask in public.
- Get retested if you believe you have been exposed to COVID-19 or are having flu-like symptoms. Retesting is free, safe, and easy.

For questions about benefits or to get help finding a doctor or testing location, call Member Services at 1-800-730-8530. For Case Management call 1-844-814-4422 ext. 6074.



**IMMUNIZATIONS FOR CHILDREN ARE JUST AS IMPORTANT AS BEING TESTED FOR COVID-19!** If members in your household ARE UNDER 21 YEARS OLD, call your Pediatrician to plan COVID-19 testing and receive upcoming or overdue immunizations. It is safe to visit your doctor for immunizations.

**#stopthespread #wereinthistogether #marylandstrong #roadmaptorecovey**