

Here's What You Need to Know About COVID-19 Testing

With so much information in the news about COVID-19 testing, many of us are wondering where and how to begin and whether testing is necessary or beneficial. 98point6[®] physicians can help guide you in the right direction when it comes to COVID-19 questions or concerns, including what course of action would be best for you, personally, when it comes to testing.

There are two main types of tests available: viral tests and antibody tests.

Viral Tests

What is a viral test?

A viral test, also known as a PCR (Polymerase Chain Reaction) test or a diagnostic test, involves a nose or mouth swab to test for the presence of the virus. This detects if you're currently infected, shedding the virus and contagious to others.

Some Things to Consider:

While viral tests are becoming more widely available every day, they're in shorter supply than antibody tests and are largely given to priority individuals first (such as healthcare workers or those with high-risk health conditions). 98point6 physicians can provide you with the most up-to-date information around the process and assess your symptoms to help you determine if you're eligible for a viral test.

Viral Tests **Can** Tell You:

- If detectable virus particles that could make you feel sick are present in your body
- If you are currently infectious (able to spread the virus) to other people

Viral Tests **Can't** Tell You:

- When you are over the virus and no longer contagious



Antibody Tests

What is an antibody test?

An antibody test requires taking a blood sample to determine if your immune system has formed antibodies to COVID-19 in response to infection or exposure. You may have felt sick previously, experienced no symptoms at all or could possibly still feel sick in the future. These tests are now more widely available. If your 98point6 physician determines an antibody test is appropriate for you, they can order the test.

Some Things to Consider:

- You must be symptom-free for at least 14 days before giving a blood sample
- You'll need to visit an in-person testing location for the test

Whether you've experienced potential COVID-19 symptoms or are interested in better understanding your exposure risk, start a visit with 98point6 to get clear, trusted medical insight. During your visit, mention your interest in COVID-19 testing so your physician can help assess your situation and decide if this route is appropriate for you.

Learn more at
98point6.com/coronavirus-update



A SOURCE YOU CAN TRUST: This resource was put together using expert guidance from 98point6's board-certified physicians, plus recommendations from the Centers for Disease Control and Prevention (CDC) on protocols and priorities, as well as input from the U.S. Food and Drug Administration on authorized tests.

Antibody Testing **Can** Tell You:

- If you were exposed to COVID-19 and your immune system created antibodies
- If you may be a candidate to donate plasma to help others currently fighting a COVID-19 infection

Antibody Testing **Can't** Tell You:

- If you are immune to COVID-19 and protected from getting sick again from the virus
- If you can definitively ease social distancing and shelter-in-place guidelines, including returning to work or other activities
- If positive, whether you're currently infectious or were in the past

