

## **COVID-19 Testing Recommendations Updated Nov 2022**

Refer to the information below for key recommendations on when to get tested.

### **Symptoms of COVID-19**

- Get tested right away, even if you have been vaccinated and/or had a prior COVID-19 infection.

### **Close contact or exposure**

- Get tested five full days (on day six) after you were around someone with COVID-19.

### **Attend indoor event or gathering**

- Test on the day of an indoor gathering or event, as close to the time of the event as possible, especially if you will be around people who are immunocompromised, at risk of severe disease, or older adults.
- Do not attend a gathering if you have symptoms of COVID-19, regardless of the test result.
- Following any event, test immediately if you develop symptoms. If you had close contact with someone with COVID-19, test five full days after the event (test on day six).

### **Travel**

- Whether you are traveling internationally or domestically, consider testing as close to departure and return flights as possible but no more than 3 days before travel.
- Get tested 3-5 days after international travel.
- Get tested after domestic travel if you were in situations with greater risk of exposure to COVID-19 (for example, being in crowded places while not wearing a high-quality, well-fitting mask).

### **Around high risk or immunocompromised person**

- Consider getting tested before you spend time with them and consider wearing a mask when around them.

If you are immunocompromised, you may not respond as well to COVID-19 vaccines. Talk to your health care provider for testing recommendations.