

How to Get Tested for COVID-19 in Maine

Where can I get tested if . . .

I have symptoms that could be COVID-19 such as cough, a fever, or difficulty breathing?

If you are experiencing symptoms of COVID-19, caused by the coronavirus, call your primary health care provider to discuss options. While some providers may want to see you before ordering a test, visits can often be done virtually or with a phone call. Your provider will direct you to a COVID-19 testing site if recommended.

If you don't have or can't easily connect with your primary health care provider, **you can get a COVID-19 test at sites that do not require a provider referral. You can get either a standard molecular (PCR) test or a rapid BinaxNOW antigen test at "State-Sponsored Sites" for free.**

If you are not able to get an appointment to get a COVID test, you can also seek care at an urgent care clinic or, **if your symptoms are severe, a hospital emergency department.**

I do not have symptoms but have been in contact with a person who has COVID-19, I was traveling, or I think I was exposed?

Maine's Department of Health and Human Services has made it possible for anyone who thinks they need a test to get one at participating sites without the need for a provider referral. If you have a primary health care provider, you should discuss testing options with them first.

If you don't have or can't easily connect with your primary health care provider, you can get a COVID-19 test at sites that do not require a provider referral and are not limited to people with symptoms or a known exposure. You can get a standard molecular (PCR) test at many "State-Sponsored Site" locations for free. **However, people without COVID symptoms do not qualify for COVID-19 rapid testing at State-Sponsored Walgreens sites, as these sites use a type of COVID test that is more accurate for people with symptoms.**

I do not have symptoms of COVID-19 and do not think I've been exposed?

If you don't think you've been exposed to the virus, testing is less useful and isn't recommended. **A test can tell you if the virus is in your body only at the moment the test is taken.** You could still become positive later.



4Ws

The best way to protect yourself and those around you from covid-19 is to follow the four Ws:

Wait

AT HOME IF YOU HAVE SYMPTOMS OF COVID-19



Wash

YOUR HANDS

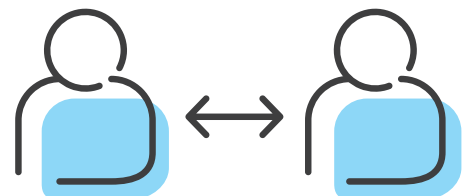


Wear

A FACE MASK



Watch YOUR DISTANCE



To Find Testing Locations, Visit:
Get-Tested-COVID19.org or
maine.gov/covid19/restartingmaine/keepmainehealthy/testing

To Learn about COVID-19 Tests, Visit:
fda.gov/media/138094/download