

Get Tested



Purpose of COVID testing

Test if you feel sick, or have been exposed to someone who tested positive, even if you are vaccinated

Test right away. Medication must start within 5 days of getting sick. Being age 50+, and many common conditions qualify you for medication (see other side)

Test on day 5 or later in order to return to work, school or other non-healthcare settings



Have tests on hand. Insurance companies must pay for 8 home tests/month [covid.gov/tests](https://www.covid.gov/tests)



You can also go here to find testing sites or to [sf.gov/get-tested](https://www.sf.gov/get-tested)

If you test positive:

Stay home and isolate away from others for at least 5 days and

1. Contact your doctor to see if you need treatment (see other side)
2. Call 911 or go to the nearest ER if you have:
 - 0 Trouble breathing
 - 0 Pain or pressure in the chest
 - 0 Confusion
 - 0 Can't wake up or stay awake
 - 0 Bluish lips or face

You may return to work after 5 days if you are getting better or you never had symptoms AND you have a negative test on day 5 or later

Wear a well-fitting mask if you are around

others, indoors and outdoors, for 10 days total from the start of your symptoms or positive test

Tell your close contacts that they may have been exposed to COVID-19

If you test negative:

Rapid tests may miss early infection. If you have symptoms or are a close contact, test again in 1-2 days, or get a PCR test, which is better at detecting Covid. A disadvantage of PCR tests is that results may take 1-2 days

If you feel sick or were exposed, wear a well-fitting mask around others, indoors and outdoors, for 10 days total from the start of your illness or close contact exposure

If you begin to feel new symptoms, get re-tested as soon as possible, stay away from others, and reach out to your primary care provider

If you feel sick, test negative for Covid, and did not have close contact with someone who has COVID-19, you may return to work once you are feeling better

Get help:

Call the COVID Information Warmline at **628-652-2700** for:

- Vaccine and testing information
- Help connecting to possible treatment



Get Treated if You're Positive



Got COVID?

Medication is free, with free delivery to your home by many pharmacies.

Many of us qualify for treatment:

- Unvaccinated or not boosted (if eligible)
- Ages 50 or over
- Ages 12 and up with common medical conditions (ie cancer, diabetes, heart, kidney, brain or mental health conditions, overweight, inactive, or have alcohol or drug disorders or immune problems. Go here for a complete list:



Talk to a doctor

- If you test positive, talk to a doctor as soon as you can. Medicines must start within 5 days of feeling sick.
- Your insurance may offer online or phone visits with your doctor 24 hours a day, 7 days a week. Check your insurance card.
- Patients with **Medi-Cal** have free phone visits with a doctor 24 hours a day, 7 days per week.
- **San Francisco Health Plan** (except Kaiser) 800-835-2362
- **Anthem Blue Cross** call 1-888-548-3432

Other common providers :

- **San Francisco Health Network** 415-682-1740
- **Kaiser** 866-454-8855
- **Anthem Blue Cross** 888-548-3432
- **UCSF** 415-514-7328
- **Sutter Health / CPMC** 800-972-5547
- **Dignity Health** 415-964-4866

No insurance needed

San Francisco Health Network

For Covid treatment and for assistance enrolling in Healthy San Francisco or Medi-Cal
415-682-1740

Free doctor visits by phone or online by SesameCare

If uninsured, underinsured, or if you can't be seen within 24 hours
833-686-5051



sesamecare.com/covidca

Free Test to Treat Drop in or by Appointment



For a full list of no cost "Test to Treat" options, please see our website:
sf.gov/get-treated-covid-19



City & County of San Francisco
Department of Public Health