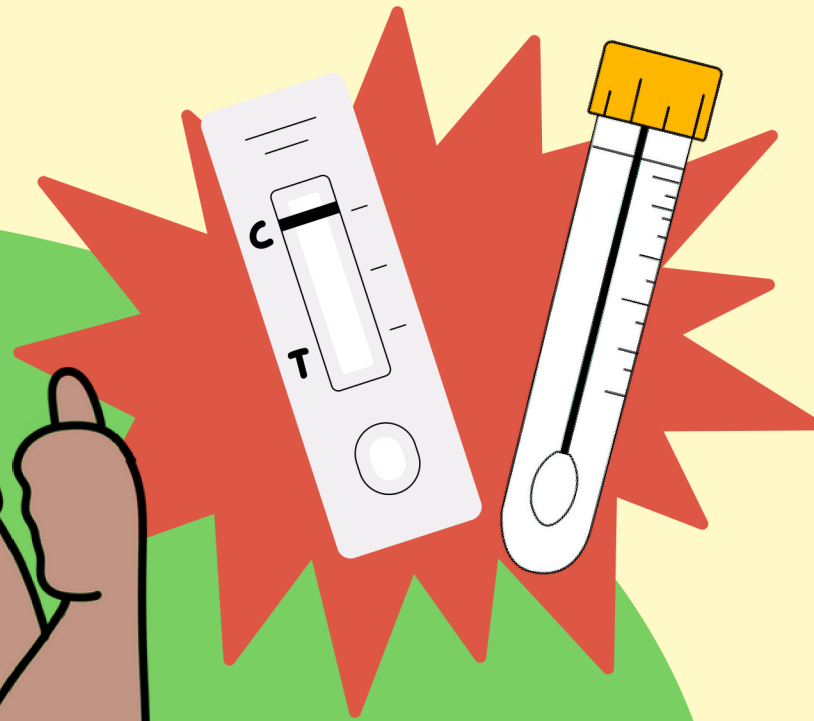
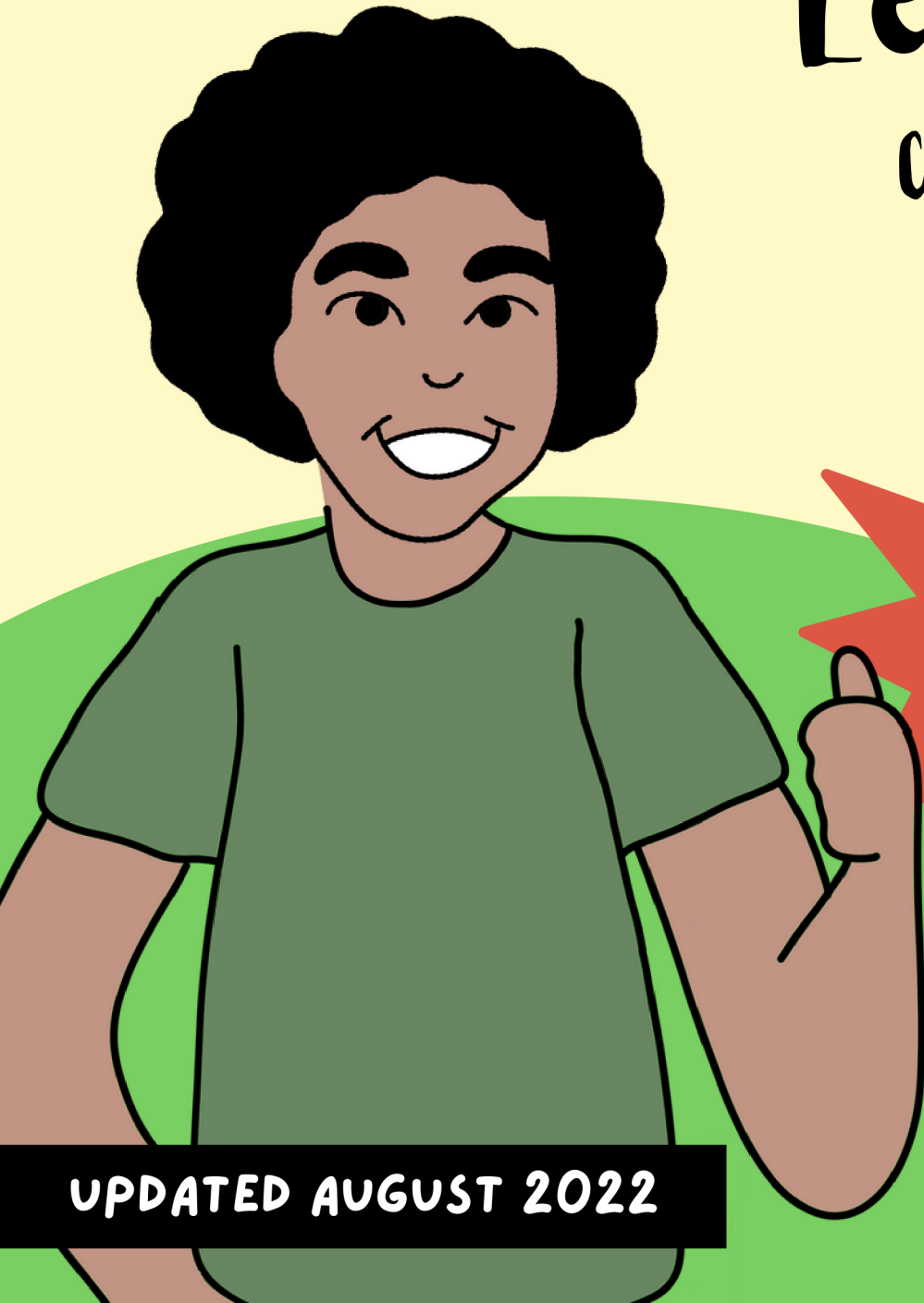


Learn with Zion:

COVID-19 Testing Options



UPDATED AUGUST 2022



Department of
Public Health

CITY OF PHILADELPHIA

CREATED BY THE IN-HOME SUPPORT TEAM

SPECIAL THANKS TO THE CONTRIBUTIONS FROM:

JENNYFER OSUNA, MARGUERITE HORTON, SAM RAINES,
STARLIN PAULINO, ZENIA LAUW, SHI ROBISON,
SHARA EPSTEIN, MARY LAXTON, GAYLE MENDOZA,
VERNELL BROWN, AND RACHEL GIATRAS.

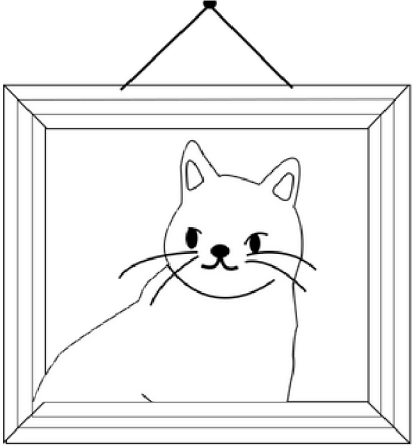


TUESDAY MORNING

ZION'S DAD IS HOME AND DID NOT GO TO WORK. WHY IS HE STILL AT HOME?



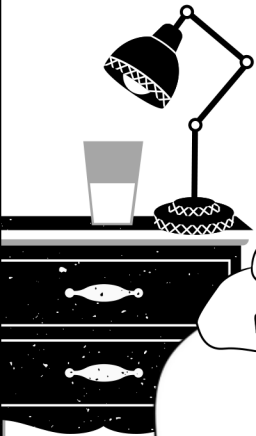
ZION'S DAD IS STAYING HOME
BECAUSE HE TESTED
POSITIVE FOR COVID-19.



WHAT SHOULD
ZION DO NOW?



HE IS ISOLATING - OR
STAYING AT HOME - SO THAT
HE DOESN'T SPREAD THE
VIRUS TO OTHERS.

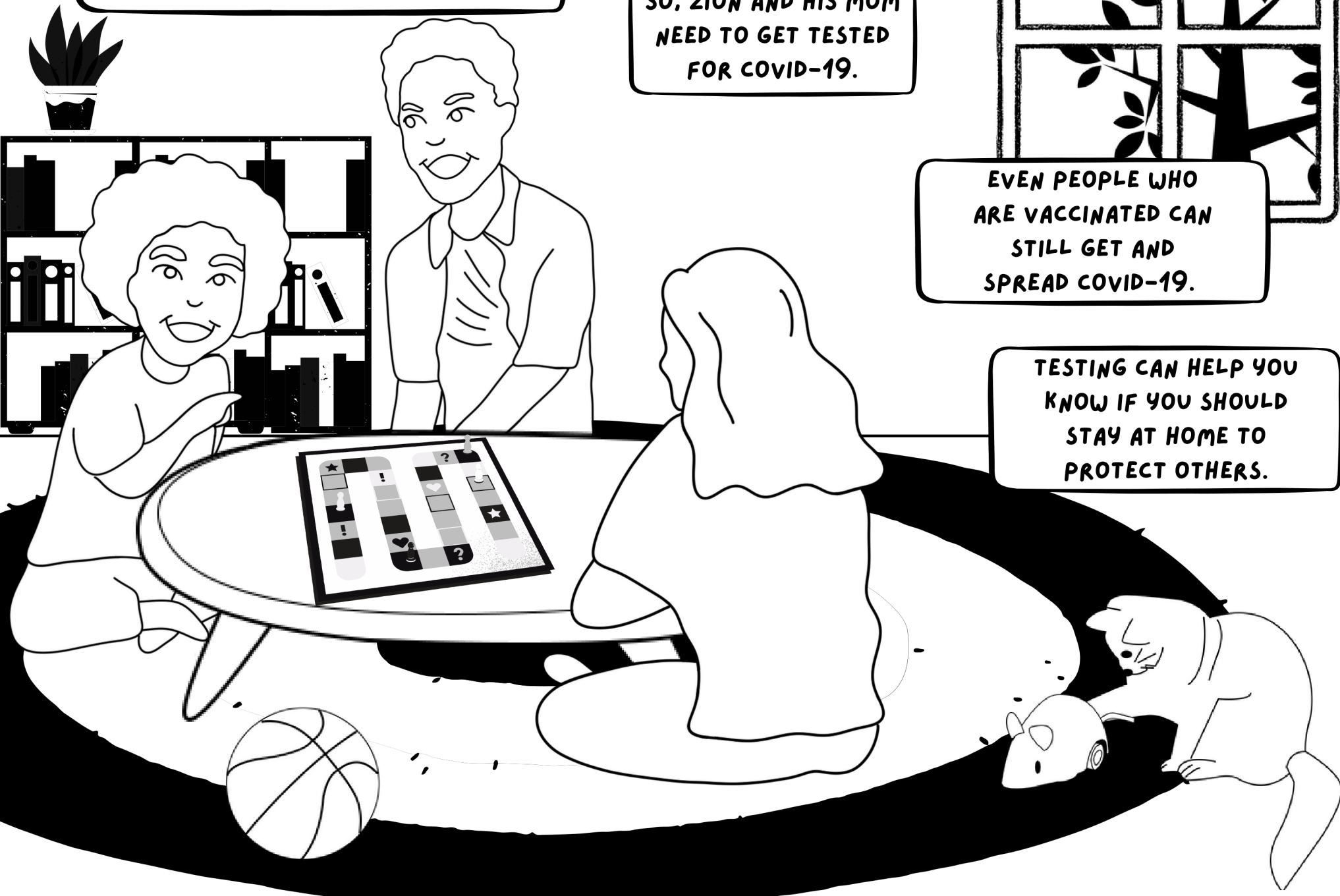


LAST NIGHT, ZION AND HIS MOM WERE PLAYING WITH HIS DAD INDOORS LESS THAN SIX FEET APART, SO THEY WERE EXPOSED TO COVID-19.

SO, ZION AND HIS MOM NEED TO GET TESTED FOR COVID-19.

EVEN PEOPLE WHO ARE VACCINATED CAN STILL GET AND SPREAD COVID-19.

TESTING CAN HELP YOU KNOW IF YOU SHOULD STAY AT HOME TO PROTECT OTHERS.



ANYONE WHO HAS BEEN EXPOSED TO COVID-19 SHOULD TAKE A COVID-19 TEST AT LEAST FIVE DAYS AFTER EXPOSURE.

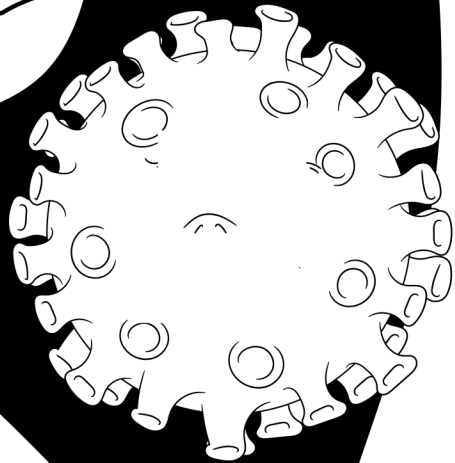


EXPOSURE

DAY 0...

1 2 3 4 5

TEST!

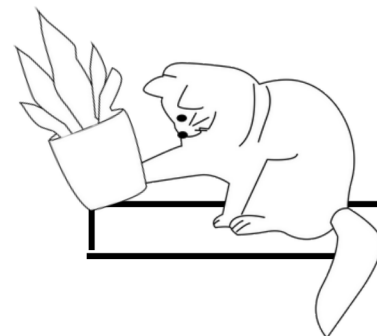


YOU SHOULD ALSO TAKE A TEST IMMEDIATELY IF YOU HAVE SOMETHING CALLED A SYMPTOM, OR A SICK FEELING IN YOUR BODY, LETTING YOU KNOW THAT YOU MAY BE SICK. HERE ARE SOME COMMON SYMPTOMS YOU MIGHT FEEL:

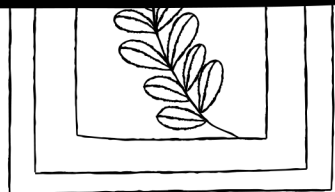
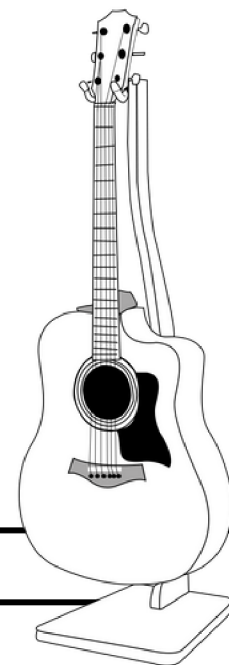
COUGH
HEADACHES
FEVER
RUNNY NOSE
LOSS OF TASTE
OR SMELL

LEARN ABOUT MORE COVID-19 SYMPTOMS TO LOOK OUT FOR AT [BIT.LY/LETSLEARN-SYMPTOMS](https://bit.ly/letslearn-symptoms)

WITH THE HELP OF HIS MOM, ZION VISITS HIS LOCAL HEALTH DEPARTMENT'S WEBSITE TO LEARN MORE ABOUT COVID-19 TESTS.



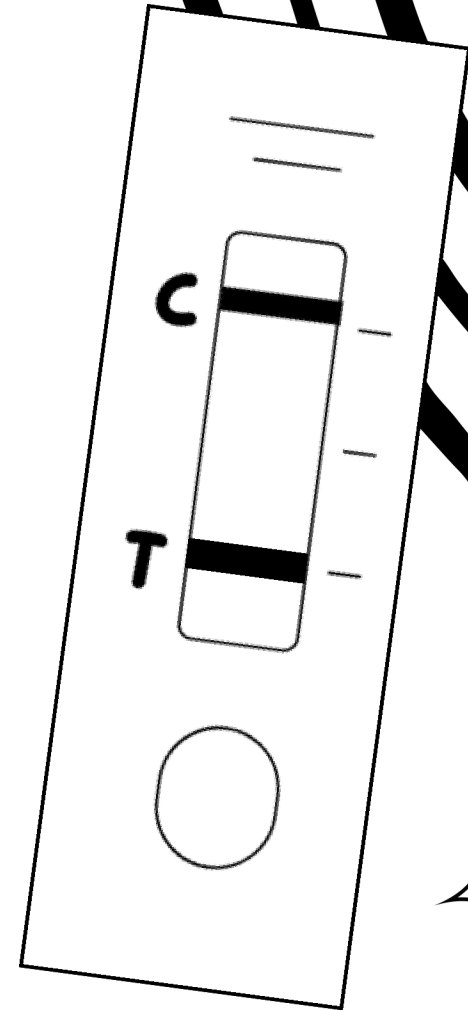
LET'S SEE WHAT THEY LEARNED...

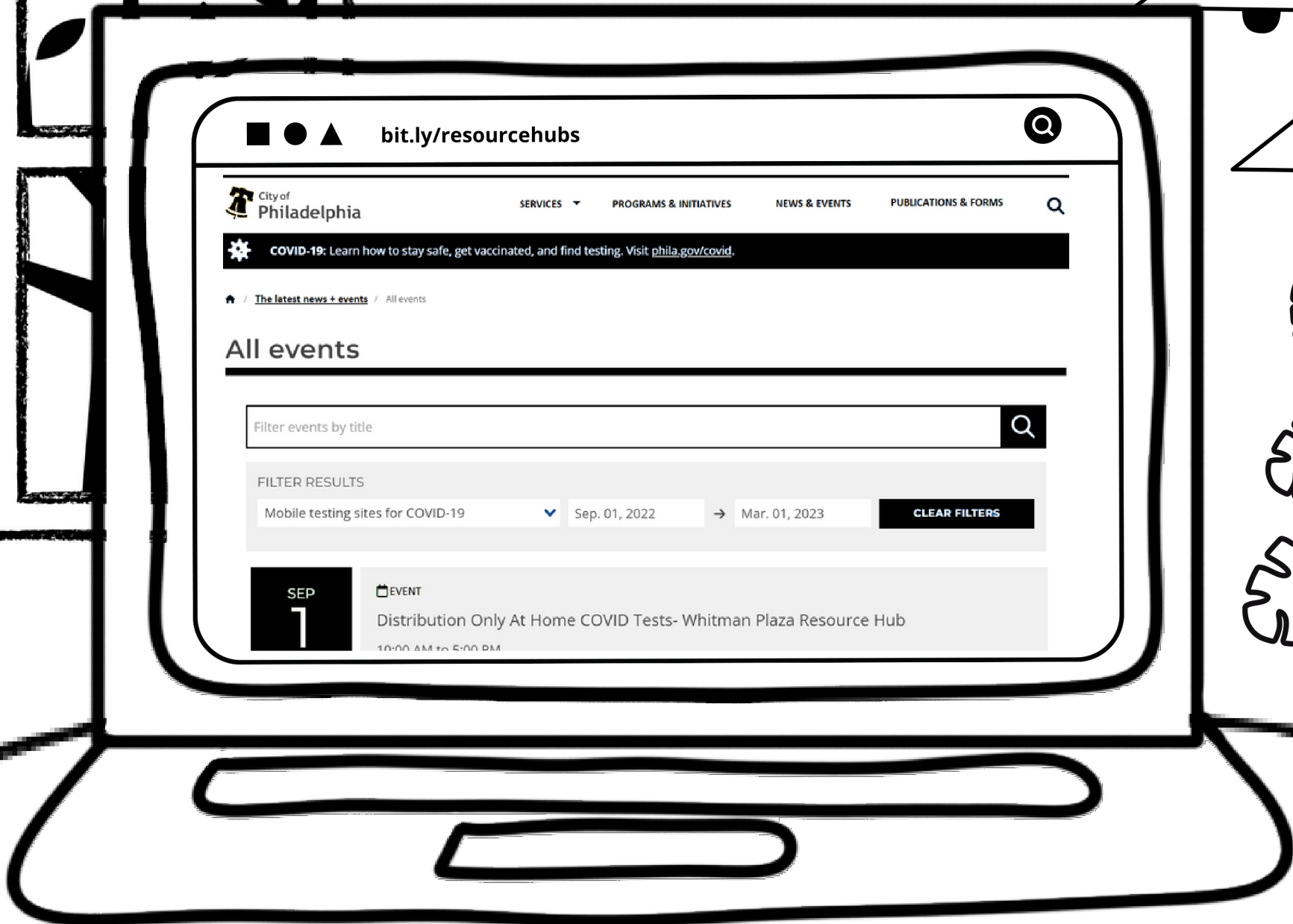


ZION AND HIS MOM HAVE
TWO OPTIONS FOR GETTING
TESTED FOR COVID-19.

OPTION 1: RAPID ANTIGEN

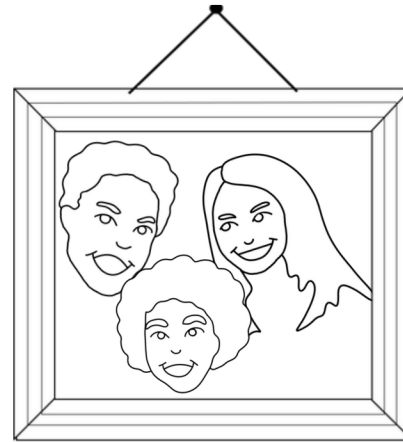
THESE ARE ALSO CALLED AT-HOME
TEST KITS. THEY ARE THE FASTEST
AND EASIEST OPTION. PEOPLE DO
NOT HAVE TO LEAVE THEIR HOMES
TO TAKE THIS TEST.



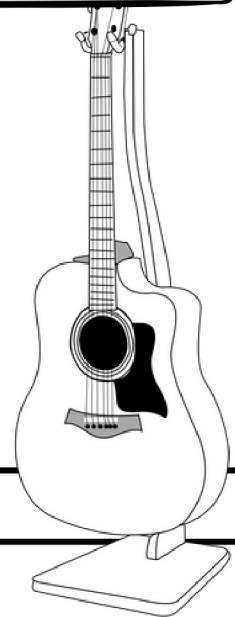
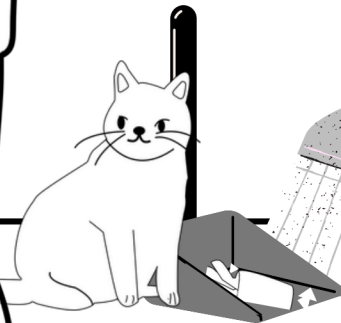
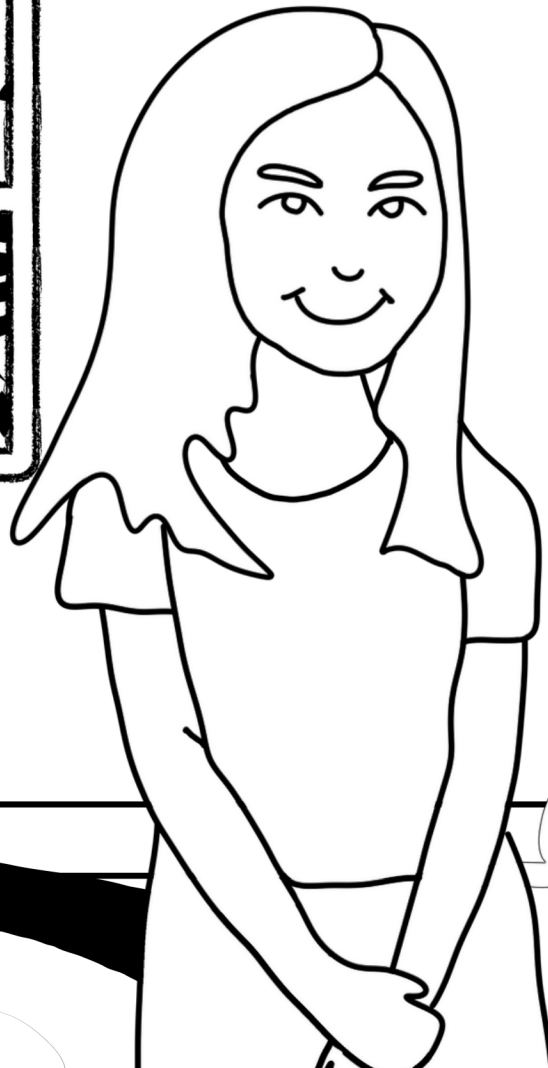


ZION AND HIS MOM DO NOT HAVE ANY RAPID ANTIGEN TESTS, BUT THEY CAN GET FREE COVID-19 TESTS FROM THE PHILADELPHIA HEALTH DEPARTMENT'S RESOURCE HUBS ([BIT.LY/RESOURCEHUBS](https://bit.ly/resourcehubs)). THEY CAN ALSO BUY RAPID ANTIGEN TESTS FROM LOCAL PHARMACIES AND RETAILERS.

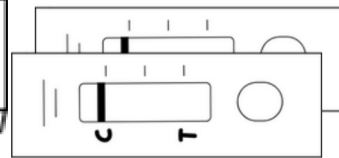
RAPID ANTIGEN TESTS SHOULD BE TAKEN AT LEAST TWICE AND AT LEAST 48 HOURS APART. THIS HELPS CATCH IF SOMEONE DEVELOPS COVID-19 AFTER BEING EXPOSED TO THE VIRUS.



WHAT'S ANOTHER OPTION FOR TESTING?



2X



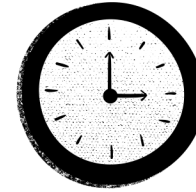
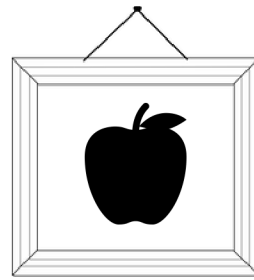
48 HOURS APART



OPTION 2:

PCR

A PCR TEST IS DONE BY A HEALTHCARE WORKER AT A CLINIC, HOSPITAL, HEALTH CENTER, OR MOBILE TESTING SITE.



DON'T WORRY! IT WON'T HURT. IT WILL ONLY FEEL LIKE A TICKLE OR A SNEEZE.



THE HEALTHCARE WORKER WILL INSERT A SWAB INTO ZION'S NOSE, CIRCLE IT AROUND BOTH NOSTRILS, AND PUT THE SWAB INTO A TEST TUBE.





PCR TESTS CAN ALSO BE TAKEN WITH SALIVA BY SPITTING INTO A TESTING TUBE.

YOU WILL HAVE TO SPIT A LOT, SO MAKE SURE YOU DRINK PLENTY OF WATER BEFORE AND AFTER THE TEST!

THESE CAN BE GIVEN BY A HEALTH CARE PROFESSIONAL OR TAKEN AT HOME.

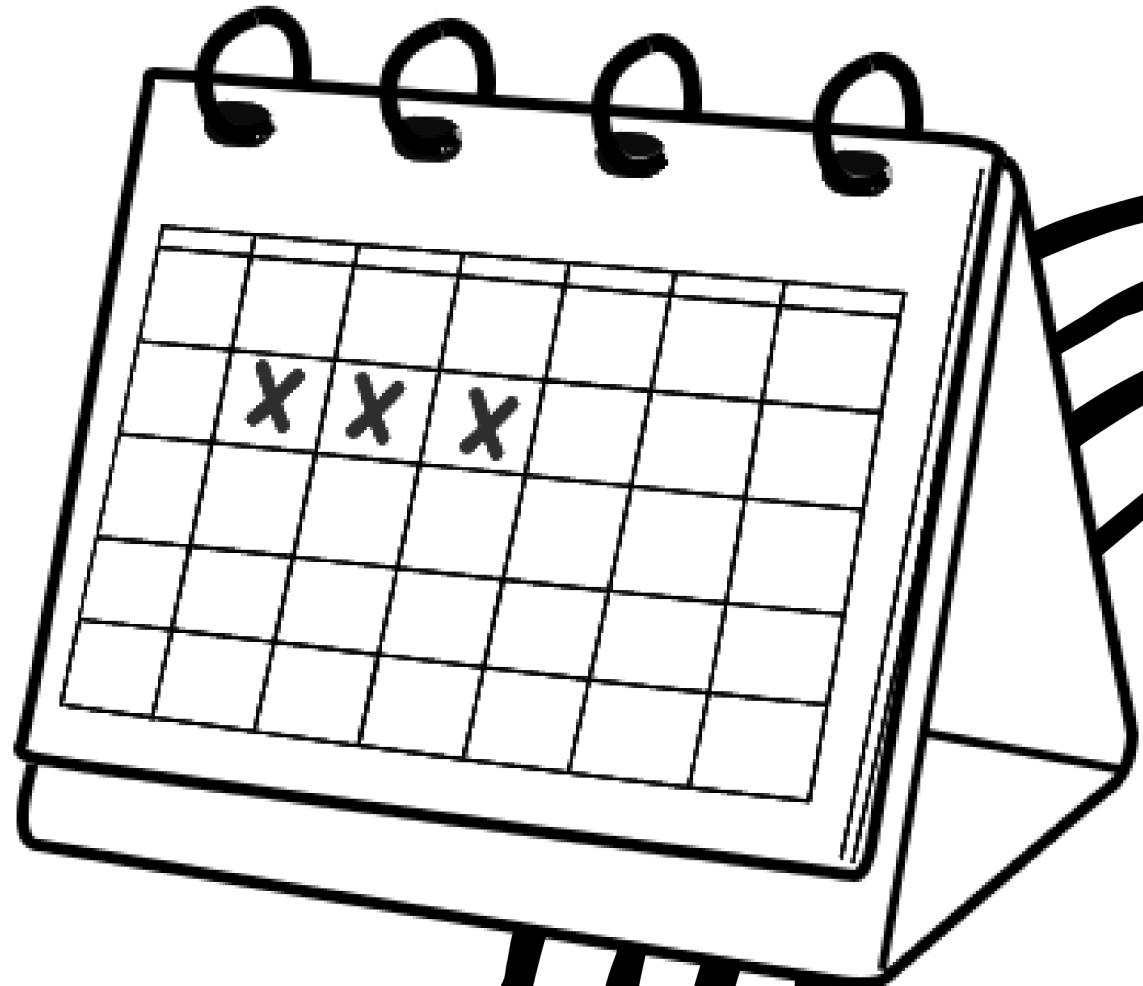
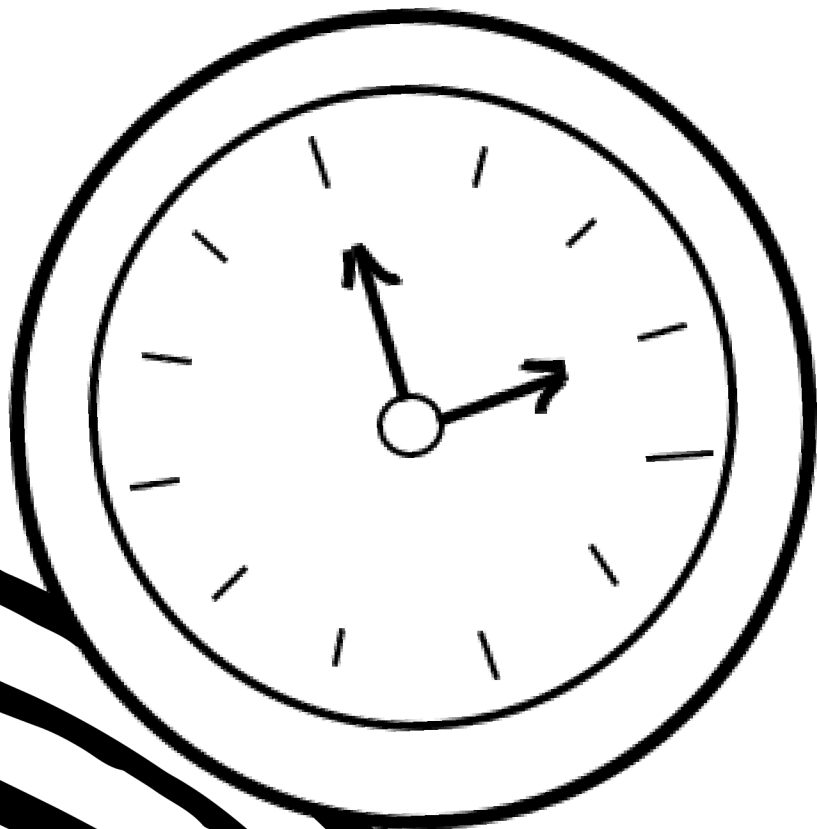
PCR TESTS ARE GOOD TO USE IF ZION
AND HIS MOM HAVEN'T HAD COVID-19 IN
THE PAST 90 DAYS. THIS TEST TAKES 1-3
DAYS TO GET RESULTS BACK.

tick

tick

tock

tock



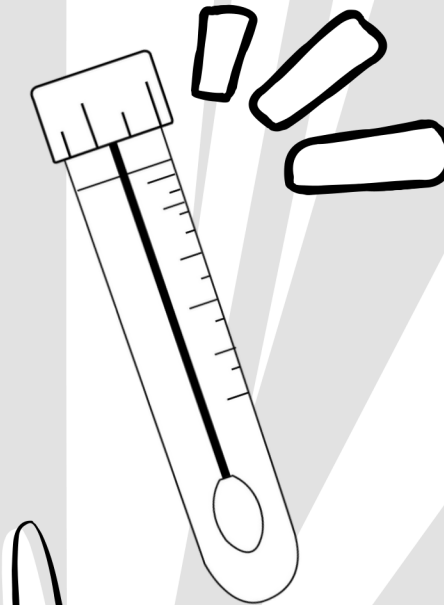
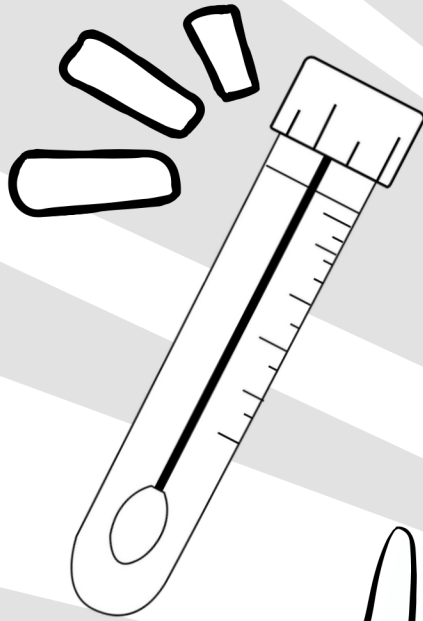
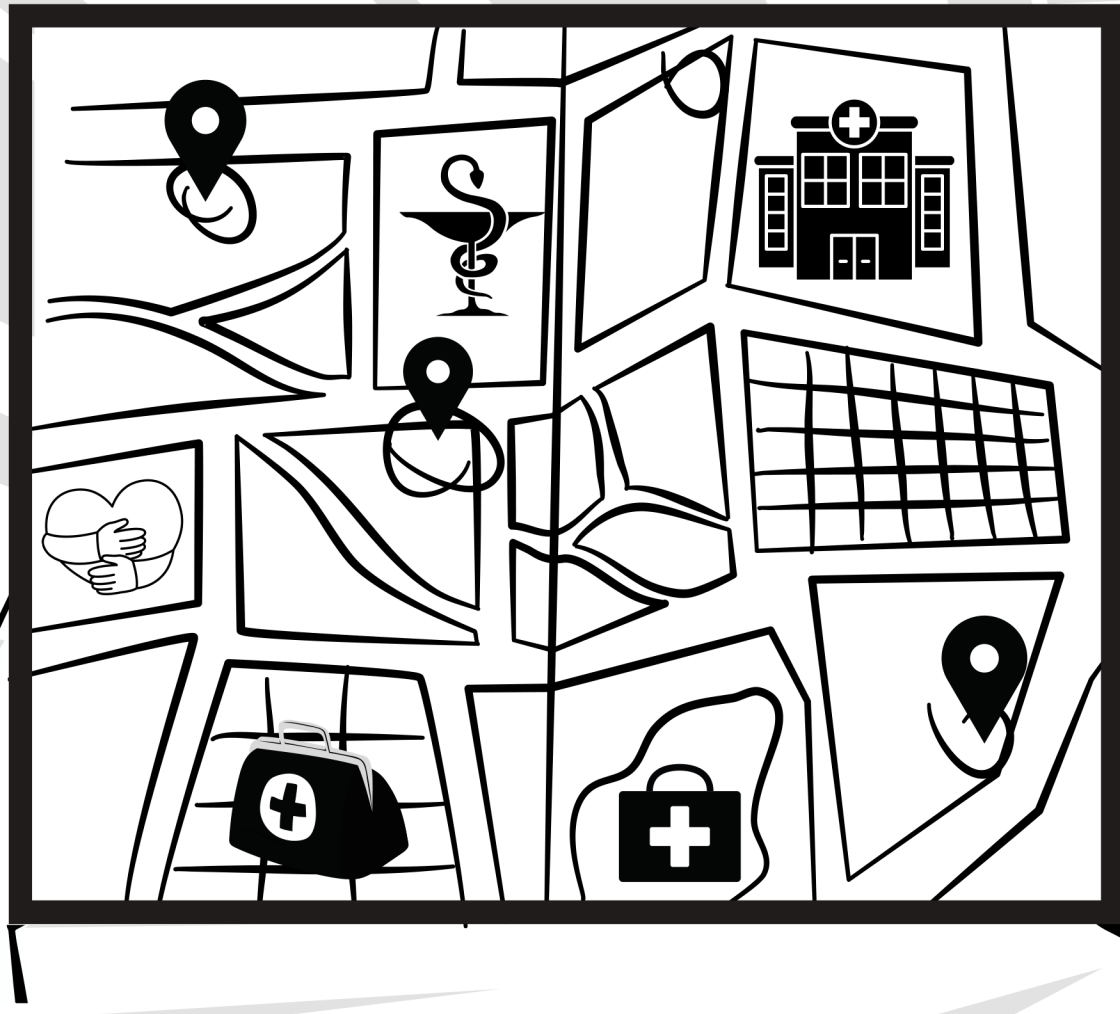
ZION ALSO LEARNS THAT THEY CAN GO TO THE HEALTH DEPARTMENT'S WEBSITE TO FIND THE CLOSEST PCR TESTING SITE BY SEARCHING THEIR ZIP CODE ON WWW.PHILA.GOV/COVID-TESTING-SITES. TESTING SITES MAY INCLUDE:

PHARMACIES

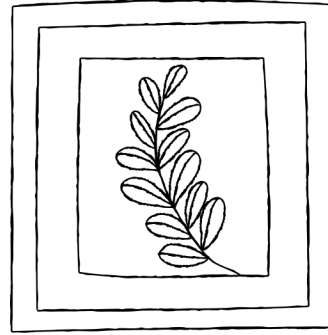
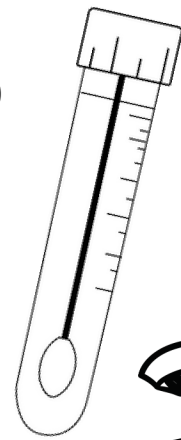
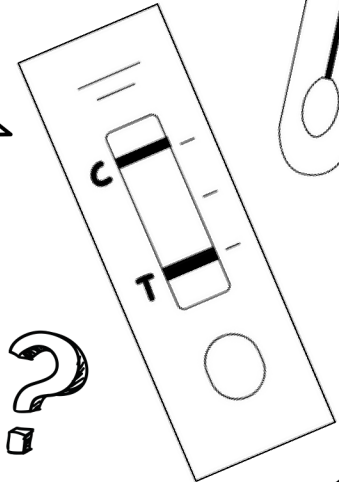
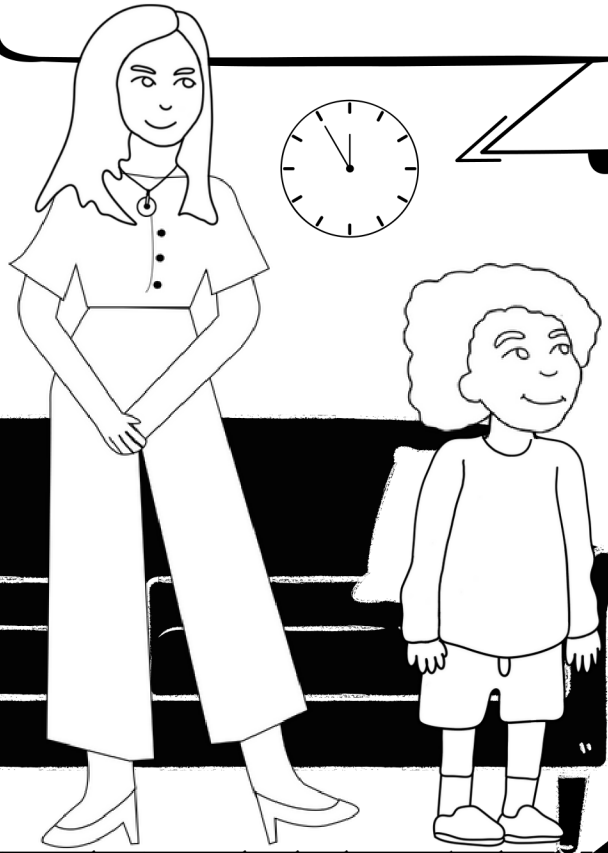
MOBILE TESTING SITE

HOSPITALS

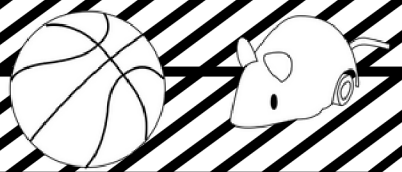
URGENT CARE CLINICS



THEY HAVE LEARNED SO MUCH ABOUT COVID-19 TESTS. BUT WHICH TEST SHOULD THEY GET?



ZION AND HIS MOM EACH GET 2 FREE RAPID ANTIGEN TEST KITS FROM A RESOURCE HUB.



COVID19

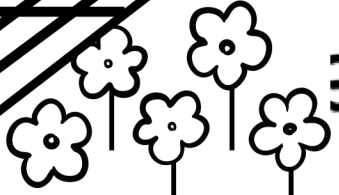
COVID19

RESOURCE HUB

RESOURCE HUB

www.Phila.gov

www.Phila.gov

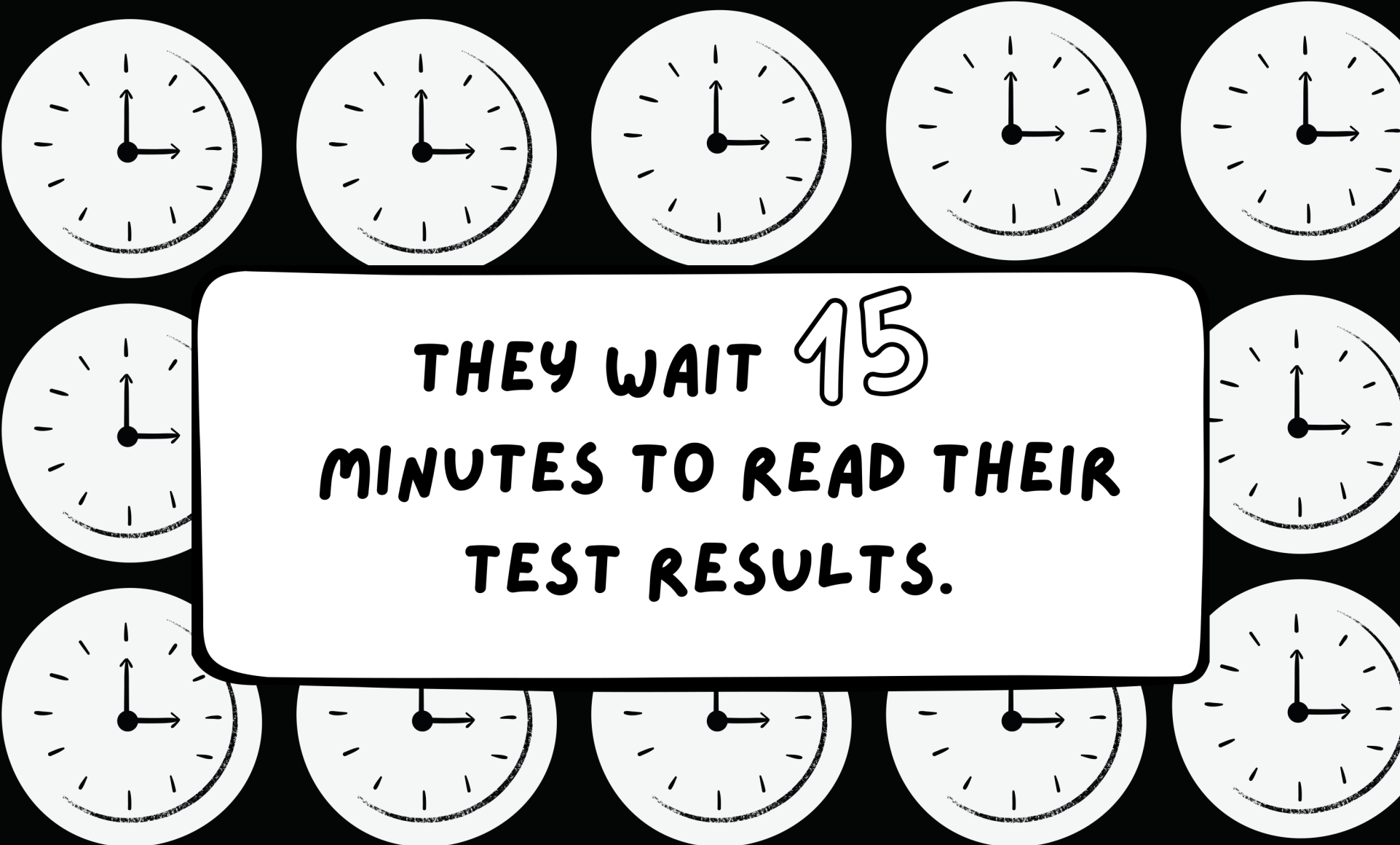


SUNDAY MORNING



WHEN ZION AND HIS MOM GET HOME, THEY FOLLOW THE INSTRUCTIONS ON THE RAPID ANTIGEN TEST KITS. SINCE THEY DON'T HAVE ANY SYMPTOMS, THEY TAKE THEIR FIRST TEST 5 DAYS AFTER BEING EXPOSED TO ZION'S DAD.

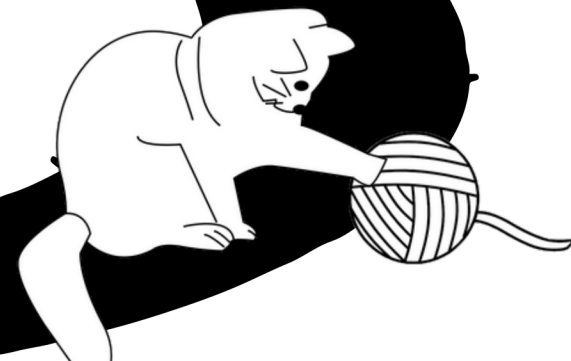
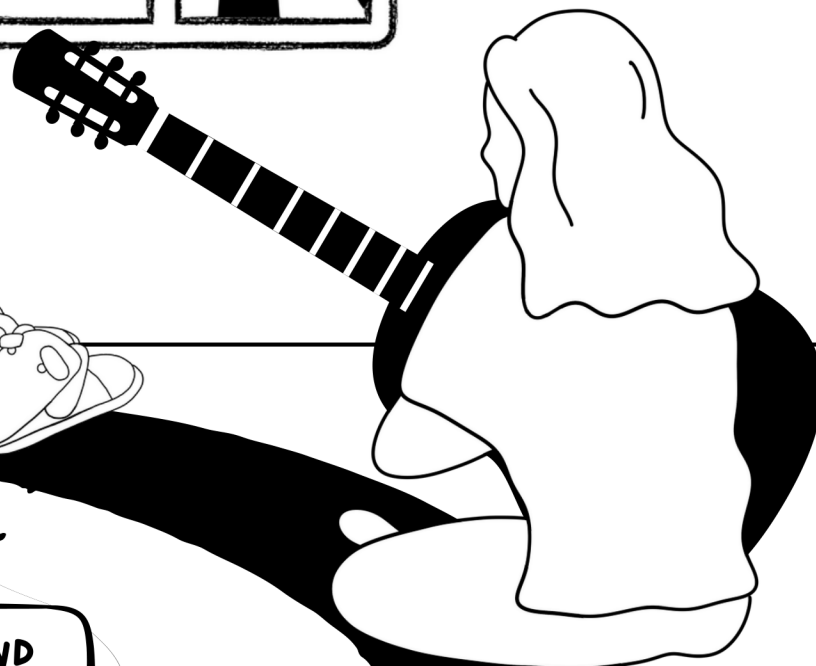
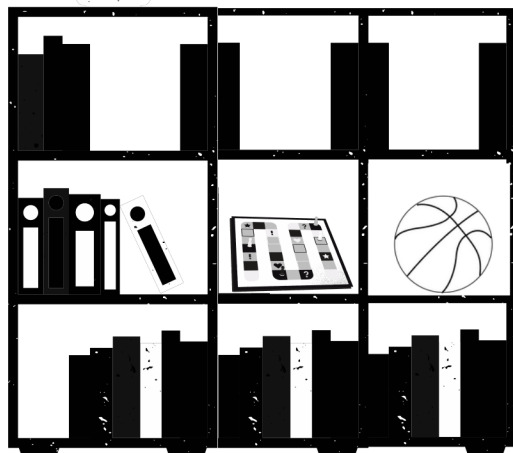
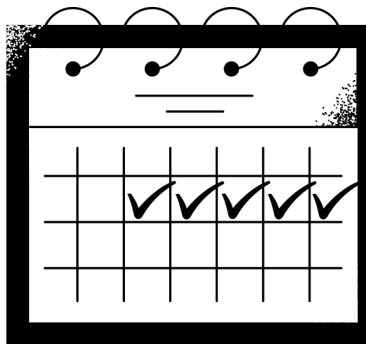
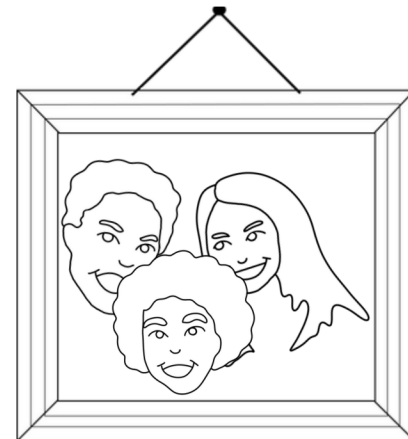
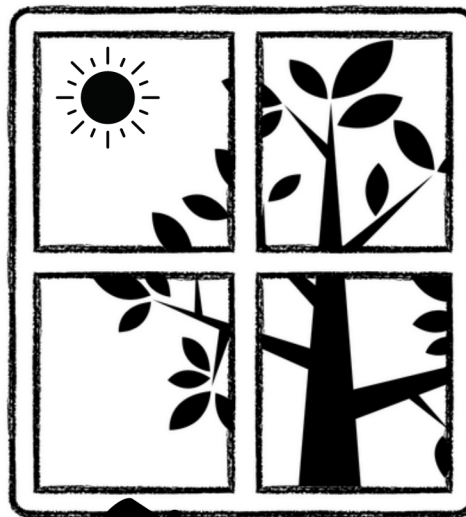




**THEY WAIT 15
MINUTES TO READ THEIR
TEST RESULTS.**

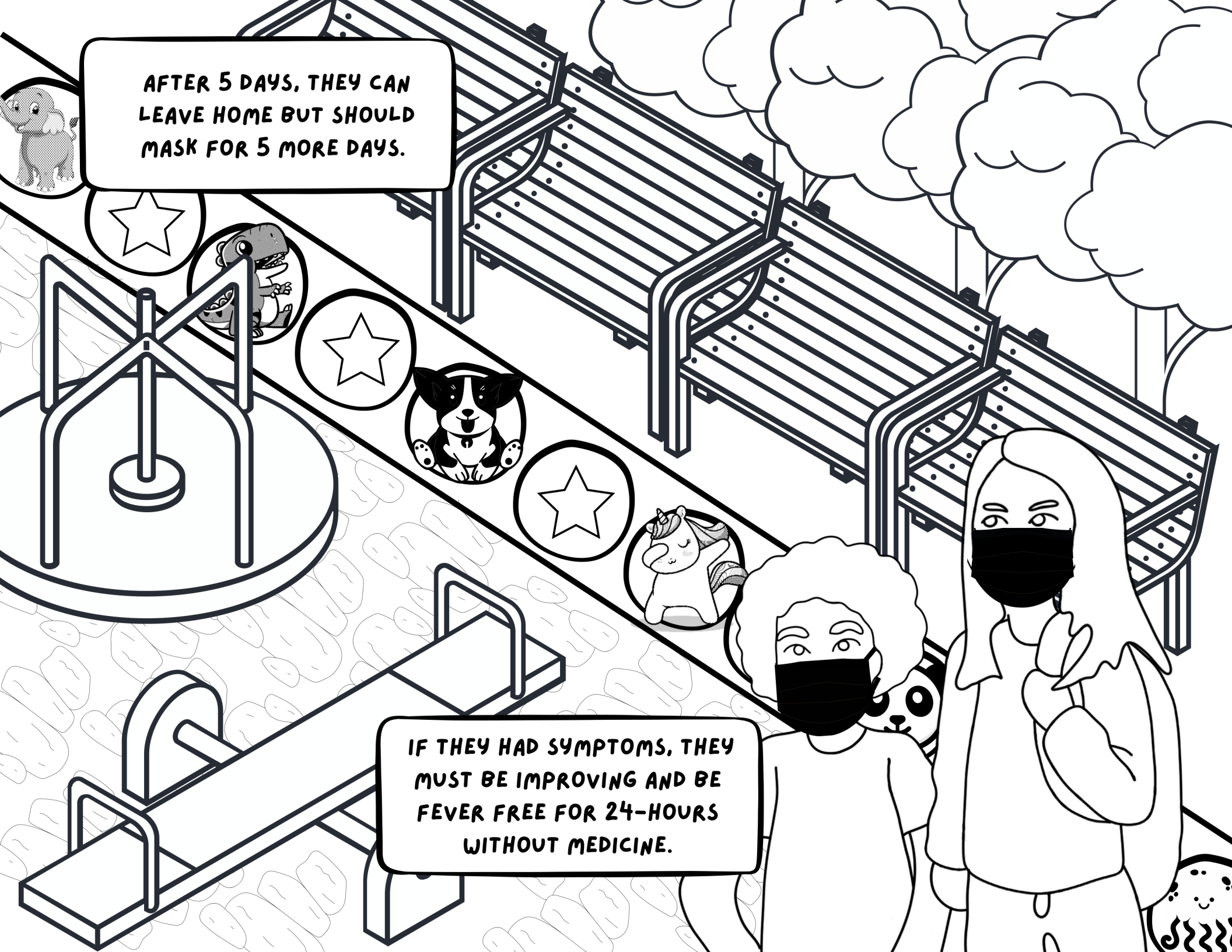
WHAT SHOULD THEY DO IF THEY TEST POSITIVE OR NEGATIVE?

THEY LEARN THAT IF THEY TEST POSITIVE, THEY WILL NEED TO STAY HOME OR ISOLATE FOR 5 DAYS.



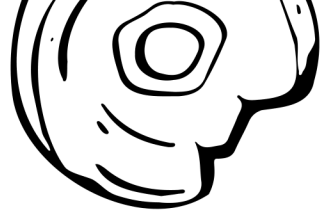
IF THEY HAVE TO BE AROUND OTHERS IN THEIR HOME WHO DON'T HAVE COVID-19, THEY SHOULD WEAR A MASK.





AFTER 5 DAYS, THEY CAN
LEAVE HOME BUT SHOULD
MASK FOR 5 MORE DAYS.

IF THEY HAD SYMPTOMS, THEY
MUST BE IMPROVING AND BE
FEVER FREE FOR 24-HOURS
WITHOUT MEDICINE.



THEY ALSO LEARN THAT IF THEY TEST NEGATIVE, THEY DON'T HAVE TO STAY HOME.

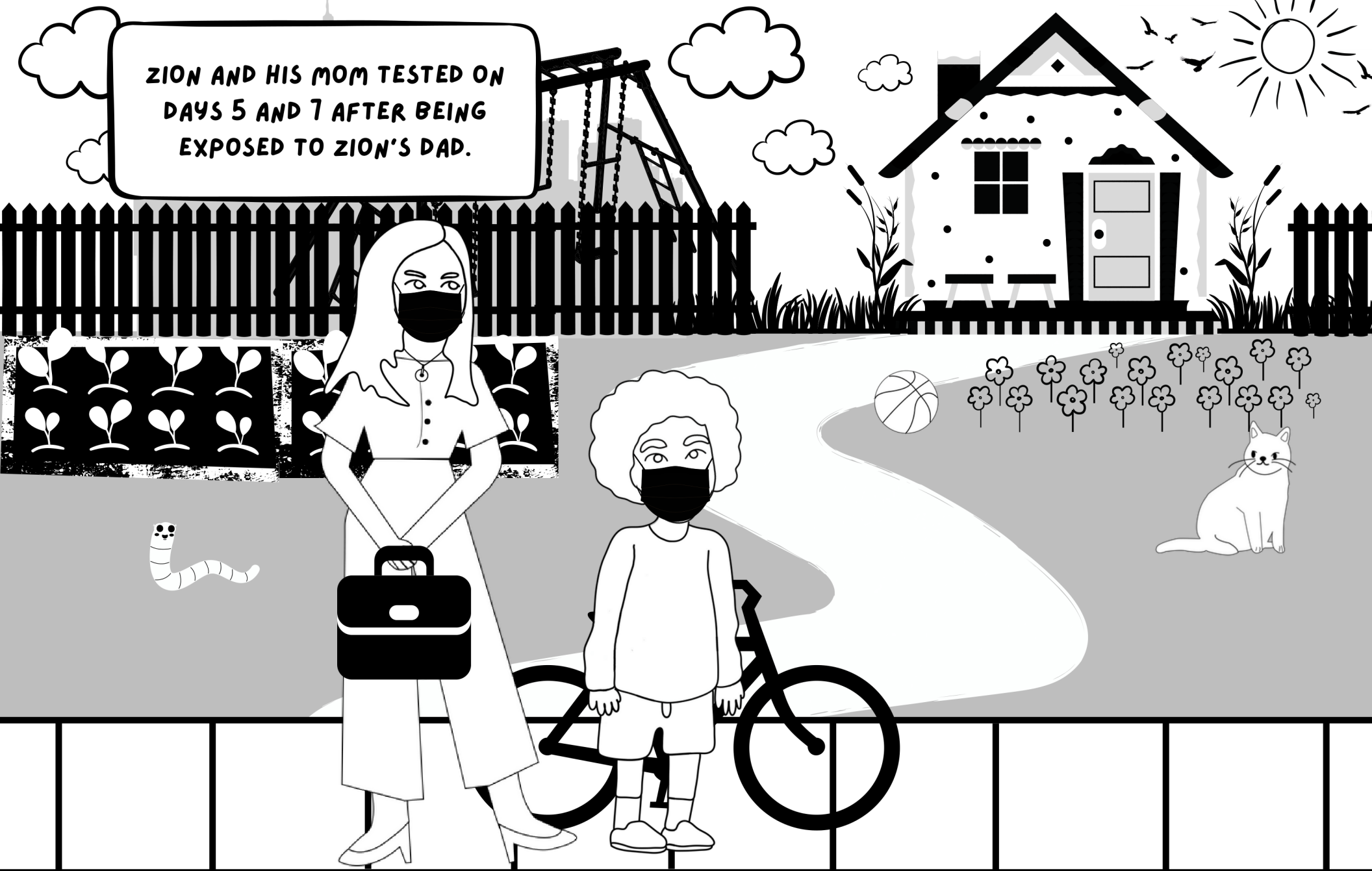


BUT THEY SHOULD WEAR A MASK FOR 10 DAYS WHENEVER THEY ARE AROUND OTHERS, WHETHER IN PUBLIC OR IN THEIR HOME.

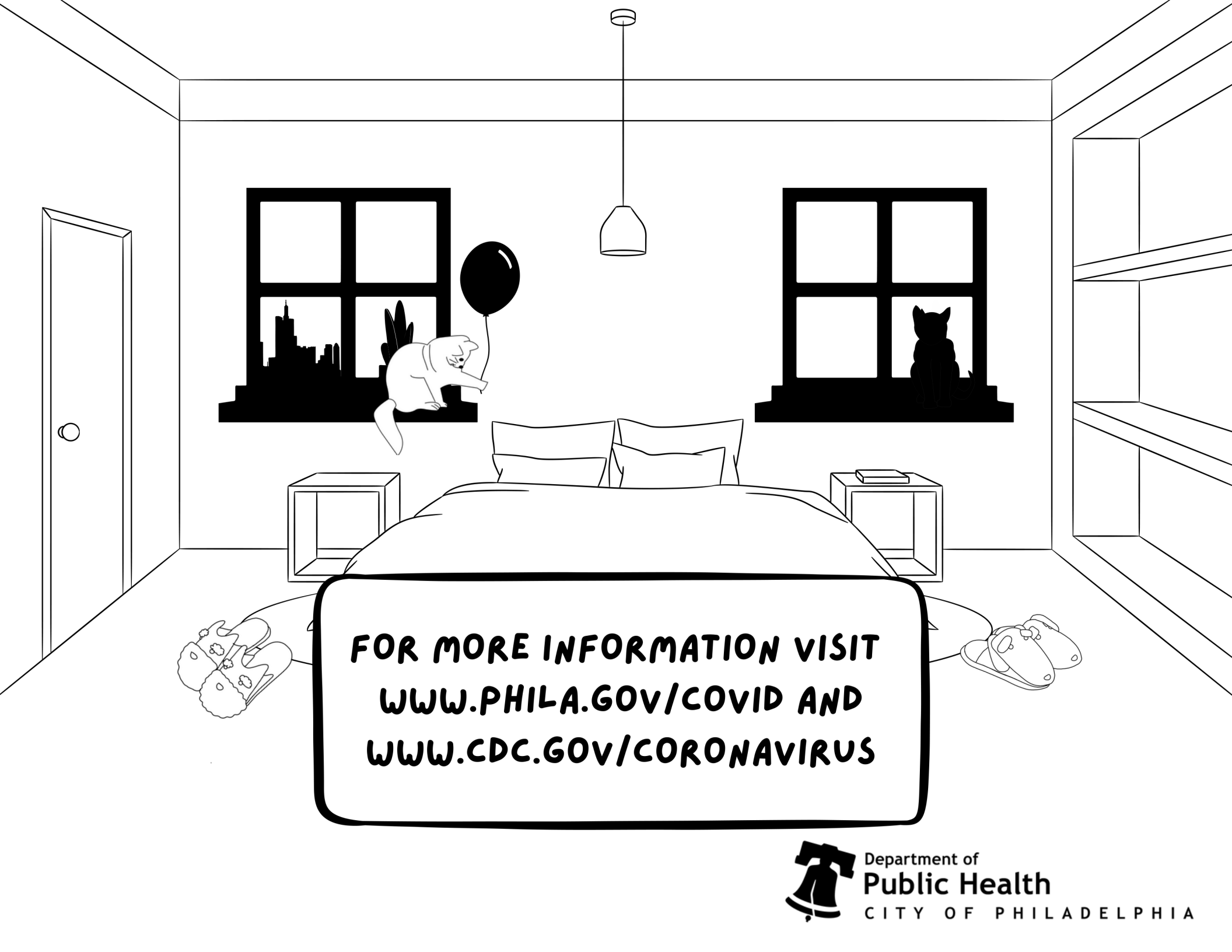
IF THEY DEVELOP COVID-19 SYMPTOMS, THEY SHOULD TEST RIGHT AWAY. IF THEY TEST POSITIVE FOR COVID-19 AT ANY POINT, THEY WILL NEED TO STAY HOME (ISOLATE) WHETHER THEY'RE VACCINATED OR NOT.



ZION AND HIS MOM TESTED ON
DAYS 5 AND 7 AFTER BEING
EXPOSED TO ZION'S DAD.



THEY ARE HAPPY TO FIND OUT THEIR TESTS WERE NEGATIVE BOTH TIMES.
THEY CONTINUE TO WEAR A WELL-FITTING MASK FOR ALL 10 DAYS.



**FOR MORE INFORMATION VISIT
WWW.PHILA.GOV/COVID AND
WWW.CDC.GOV/CORONAVIRUS**



Department of
Public Health
CITY OF PHILADELPHIA