

What should I do if I want to get tested for COVID-19 infection?

If you need a COVID-19 test, you should call your health plan.
Your health plan can then arrange for you to be tested.

Below are some questions your health plan may ask you.

■ Do you have symptoms of COVID-19?

COVID-19 symptoms can vary from person to person, but may include: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, headache, sore throat, loss of taste or smell, congestion or runny nose, nausea or vomiting, and/or diarrhea.

You can find more information about the symptoms of COVID-19 on the [Centers for Disease Control and Prevention's](https://www.cdc.gov/disease) website.

Some people exhibit no symptoms or very mild symptoms when they have COVID-19. Others experience severe or life-threatening symptoms.

If you think you have symptoms of COVID-19 call your health plan right away.

■ Have you recently come into contact with someone who has or may have COVID-19?

If you think you have come into contact with someone with COVID-19 call your health plan right away.

If you answer “**yes**” to either of the questions above, you can receive a COVID-19 test with no out-of-pocket costs, even if your health plan coverage typically has a co-pay or requires you to meet a deductible.

■ Are you an “essential worker”?

“**Essential workers**” are defined in DMHC regulations. “**Essential workers**” are entitled to health plan coverage of COVID-19 testing, even if they don’t have symptoms of COVID-19 and haven’t been exposed to someone who may have COVID-19.

Essential workers may have to pay usual co-payments or meet their deductible, if they don’t have symptoms of COVID-19 and weren’t recently exposed to someone who may have COVID-19.

You are an “essential worker” for purposes of testing if you:

- work in the **health care sector** and have frequent interactions with the public or with people who may have COVID-19 or have been exposed to SARS-CoV-2. The health care sector includes: hospitals; skilled nursing facilities; long-term care facilities; ambulatory surgery centers; health care providers’ offices; health care clinics; pharmacies; blood banks; dialysis centers; hospices; and, home health providers.
- **provide care to an elderly person or a person with a disability in the home**, including a person providing care through California’s In-Home Supportive Services Program.
- work in a **congregate care facility**, including shelters for people experience homelessness and residential care facilities for the elderly.
- work in the **retail or manufacturing sectors** and have frequent interactions with the public or who works in an environment where it is not practical to maintain at least six feet of space from other workers on a consistent basis.
- work in the **emergency services sector** and have frequent interactions with the public or with people who may have COVID-19 or have been exposed to SARS-CoV-2. The emergency services sector includes police and public safety departments, fire departments, and emergency service response operations.
- work in the **food services sector** and have frequent interactions with the public. The food services sector includes grocery stores, convenience stores, restaurants, and grocery or meal delivery services.
- work in the **agricultural or food manufacturing sector** and have frequent interactions with the public or work in an environment where it is not practical to maintain at least six feet of space from other workers on a consistent basis. The agricultural or food manufacturing sector includes food production and processing facilities, slaughter facilities, harvesting sites or facilities, and food packing facilities.
- work in the **public transportation sector** and have frequent interactions with the public. The public transportation sector includes public transit, passenger rail service, passenger ferry service, public airports, and commercial airlines.
- work in a **correctional facility**.
- work in the **education sector** and have frequent interactions with students or the public. The education sector includes public and private childcare establishments; public and private pre-kindergarten programs; primary and secondary schools; and public and private colleges and universities.

If you are having trouble accessing a COVID-19 test through your health plan or if you have any questions, please contact the DMHC Help Center at **1-888-466-2219** or visiting **www.HealthHelp.ca.gov**.