5 THINGS YOU TO KNOW BEFORE YOU TEST

COVID-19 TESTING — KEEPING COMMUNITIES SAFE

GS LABS

1 WHAT IS RECOMMENDED FOR BUSINESSES RIGHT NOW?

— It is recommended employees' temperatures are taken when returning to the workplace, if they were working from home prior.

— Wear masks when in the office; they can be removed for eating and drinking.

— Socially distance in your workspace; stay 6 feet apart.

— We recommend getting tested prior to going back to the office. Visit **www.gslabstesting.com** to find your nearest location.

2 WORKPLACE TESTING

Employers may consider conducting daily in-person or virtual health checks (e.g., symptom and/or temperature screening) to identify employees with signs or symptoms consistent with COVID-19 before they enter a facility, in accordance with CDC's General Business FAQs. Employers should follow guidance from the Equal Employment Opportunity Commission regarding confidentiality of medical records from health checks.

1 https://www.cdc.gov/coronavirus/2019-ncov/community/workplaces-businesses/index.html

3 HOW TO HELP REDUCE RISK OF EXPOSURE* WHILE TRAVELING

Get tested before visiting family or friends to receive reassurance that you're doing your part to keep them safe.

If you're hosting, ask your family or friends to get tested before coming into your home.

GS Labs will give you a space where you can get tested quickly. You can make same-day appointments for rapid testing.

4 TESTING COULD IMPROVE TRAVELER SAFETY

— The safest thing to do is to stay home, but if you do decide to travel, testing can help you do so more safely. You and your travel companions (including children) may feel well and not have any symptoms, but you can still spread COVID-19 to others in busy travel environments like airports or bus and train stations. You can also spread it to family, friends, and your community after travel. ***Testing does not eliminate all risk, but it can help make travel safer.***

— If you are traveling, consider getting tested with a viral test 1-3 days before your trip. Also consider getting tested with a viral test 3-5 days after your trip and reduce non-essential activities for a full 7 days after travel, even if your test is negative. If you don't get tested, consider reducing non-essential activities for 10 days after travel.

— Keep a copy of your test results with you during travel; you may be asked for them.

— Do not travel if you test positive; immediately isolate yourself, and follow public health recommendations.

2 https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

5 CONSIDERATIONS FOR TESTING*

STAYING SMART AND SAFE

Take steps to reduce your risk of exposure to COVID-19 during daily activities. Reducing exposure to yourself and others is a shared responsibility. Continue to update your plan based on updated guidance and your current circumstances. The CDC provides tips to reduce your exposure and risk of acquiring COVID-19.

CONSIDERATIONS FOR WHO SHOULD GET TESTED:

- People who have symptoms of COVID-19.

- People who have had close contact (within 6 feet of an infected person for a total of 15 minutes or more) with someone with a confirmed case of COVID-19.

- People who have been asked or referred to get testing by their healthcare provider or state health department.[3]

If you do get tested, you should self-quarantine at your home pending test results and follow the advice of your health care provider or a public health professional.

- If you test **positive**, know what protective steps to take to prevent others from getting sick.

- If you test **negative**, you probably were not infected at the time your sample was collected. The test result only means you did not have COVID-19 at the time of testing. **Continue to take steps to protect yourself.**

HOST RESPONSIBLY

If you choose to have guests at your home, make sure that everyone follows the steps to make get-togethers safer. Ways you can make your get-togethers safer include:

- Request guests test negative prior to entering your home.

- Have conversations with guests ahead of time to set expectations for getting together.

- Wear a mask indoors and outdoors.

- Limit the number of guests.

- Have a small, outdoor gathering with family and friends who live in your community, weather-permitting.

- Have extra unused masks available for your guests and encourage everyone to wear them inside and outside.

- Clean and disinfect frequently touched surfaces and items between use.

- If gathering indoors, bring in fresh air by opening windows and doors, if possible. You can use a window fan in one of the open windows to blow air out of the window. This will pull fresh air in through the other open windows.

- Have a separate space for guests to wash their hands or provide hand sanitizer.

- Keep background music volume low so guests don't need to shout.

- Cancel your gathering if you or someone who lives with you is sick or has been near someone who thinks they have or has COVID-19.

- It's okay if you decide to postpone or cancel your gathering. **Do what's best for you.** [4]

3 https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html

4 https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html

TYPES OF TESTING

RAPID TESTING

THE COVID-19 RAPID ANTIGEN TEST

- **Test Purpose:** Used to detect an active infection.
- **Sample Type:** Nasal Swab.
- **Results Time:** 20 Minutes* (Wait times may vary depending on volume)

COVID-19 RAPID ANTIBODY TEST

- **Test Purpose:** Used to detect a past or recent infection.
- **Sample Type:** Blood sample via finger prick.
- **Results Time:** 20 Minutes* (Wait times may vary depending on volume) [5]

[5] https://gslabstesting.com/covid-19-testing-information/

ABOUT GS LABS

GS Labs Testing provides COVID-19 testing and peace of mind to multiple communities throughout the US. Our team of professional staff, including Registered Nurses on site, are here to help make the COVID-19 testing process safe and simple, to deliver your results as quickly as possible.

GS Labs is offering two different types of COVID rapid testing: rapid antigen, and rapid antibody. The testing method will be based on supply. We will accommodate test preference as long as we have the supplies. These tests have received an Emergency Use Authorization (EUA) from the FDA to diagnose COVID-19 infections. [6]

Same-day appointments can be scheduled online, including over the weekend. Our locations are open Monday through Sunday from 8 a.m. to 8 p.m.

HOW TESTING WORKS

BOOK ONLINE
Select your location and complete registration.

ARRIVE AT APPOINTMENT
Pull into a designated parking spot. *No waiting in line!*

GET RAPID TEST RESULTS
Check your email for results within 20 minutes!

[6] https://gslabstesting.com

NEED TESTED? Visit **WWW.GSLABSTESTING.COM** to find your nearest location.

CENTERS FOR DISEASE CONTROL

* CDC offers the following considerations to slow the spread of COVID-19 during small gatherings. These considerations are meant to supplement—not replace—any state, local, territorial, or tribal health and safety laws, rules, and regulations with which all gatherings must comply.

Celebrating virtually or with members of your own household (who are consistently taking measures to reduce the spread of COVID-19) poses the lowest risk for spread. Your household is anyone who currently lives and shares common spaces in your housing unit (such as your house or apartment). This can include family members, as well as roommates or people who are unrelated to you. People who do not currently live in your housing unit, such as college students who are returning home from school for the holidays, should be considered part of different households. In-person gatherings that bring together family members or friends from different households, including college students returning home, pose varying levels of risk.

Do not host or participate in any in-person gatherings if you or anyone in your household:

- Has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others
- Has symptoms of COVID-19
- Is waiting for COVID-19 viral test results
- May have been exposed to someone with COVID-19 in the last 14 days
- Is at increased risk of severe illness from COVID-19

Do not host or attend gatherings with anyone who has COVID-19 or has been exposed to someone with COVID-19 in the last 14 days.