



**COVID-19
RESOURCES**

VISIT

www.ocCOVID19.ochealthinfo.com

for up-to-date information

TESTING RESOURCES IN ORANGE COUNTY

Who Should Get Tested?

People with symptoms of [COVID-19](#) should get tested. The following symptoms may appear 2-14 days after exposure:

- Primary symptoms may include: **fever or chills, cough, shortness of breath or difficulty breathing.**
- Other symptoms may include: fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

People without symptoms (**asymptomatic**) who meet the following Public Health criteria:

- Workers in congregate living settings such as skilled nursing facilities, jails, or homeless shelters.
- Healthcare workers and first responders.
- Individuals with close contact (15 minutes or more within 6 feet) to someone known or suspected to have COVID-19
- Essential workers – those with contact with the public such as such as grocery store workers, social service providers, government workers, etc.

Clearance from Isolation and Return to Work for Persons with Confirmed COVID-19 Infection

[Additional languages available](#)

Persons with confirmed COVID-19 infection can have isolation precautions discontinued when their illness improves by three criteria:

- At least 10 days have passed since symptoms first appeared and
- At least 24 hours have passed since last fever without the use of fever-reducing medications and
- Other symptoms have improved.

Source of changes: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

CDC no longer recommends the test-based strategy to determine when to discontinue home isolation, except for rare exceptions.

COVID-19 Testing

If you think you may have COVID-19, the most important thing to do is to isolate yourself from others and contact your healthcare provider about testing and care. Most people will have mild illness (or even no illness) and can recover at home without medical care and may not need to be tested. If testing is recommended, there are many FREE resources available and your provider should direct you to a location served by your health plan. If you do not have insurance, there are also many locations available for FREE testing.

There are [three kinds of tests for for COVID-19](#): PCR/viral tests and serology/antibody tests.

- A PCR or molecular test tells you if you have a current infection. It is taken with a swab in the mouth, nose, or throat.
- An antigen test is a newer COVID-19 test that tells if you have a current infection. It is taken with a nasal or throat swab.
- An antibody (serology) test does NOT tell you if you are infected currently. It only tells you if you had a previous infection and currently is not recommended for individual use. It is done through a needle or fingerstick to get a blood sample.

Duration of Isolation and Precautions for Adults with COVID-19

Updated Aug. 16, 2020

[Print](#)



Note:

At this time, we do not know if someone can be re-infected with COVID-19. Data to date show that a person who has had and recovered from COVID-19 may have low levels of virus in their bodies for up to 3 months after diagnosis. This means that if the person who has recovered from COVID-19 is retested within 3 months of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19.

There are no confirmed reports to date of a person being reinfected with COVID-19 within 3 months of initial infection. However, additional research is ongoing. Therefore, if a person who has recovered from COVID-19 has new symptoms of COVID-19, the person may need an evaluation for reinfection, especially if the person has had close contact with someone infected with COVID-19. The person should isolate and contact a healthcare provider to be evaluated for other causes of their symptoms, and possibly retested.

CDC recommends that all people, whether or not they have had COVID-19, take steps to prevent getting and spreading COVID-19. Wash hands regularly, stay at least 6 feet away from others whenever possible, and wear masks.

Role of testing for discontinuing isolation or precautions:

RT-PCR testing for detection of SARS-CoV-2 RNA for discontinuing isolation could be considered for persons who are severely immunocompromised¹, in consultation with infectious disease experts. For all others, a test-based strategy is no longer recommended except to discontinue isolation or other precautions earlier than would occur under the symptom-based strategy outlined above.

The test-based strategy requires negative results using RT-PCR for detection of SARS-CoV-2 RNA under an FDA Emergency Use Authorization (EUA) for COVID-19 from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).[†] See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 \(COVID-19\)](#).

[†]All test results should be final before isolation is ended. Testing guidance is based on limited information and is subject to change as more information becomes available.

Other Considerations

Note that recommendations for discontinuing isolation in persons known to be infected with SARS-CoV-2 could, in some circumstances, appear to conflict with recommendations on when to discontinue quarantine for persons known to have been *exposed* to SARS-CoV-2. CDC recommends 14 days of quarantine **after exposure** based on the time it takes to develop illness if infected. Thus, it is possible that a person *known* to be infected could leave isolation earlier than a person who is quarantined because of the *possibility* they are infected.

These recommendations will prevent most, but cannot prevent all, instances of secondary spread. The best available evidence suggests that recovered persons can continue to shed detectable SARS-CoV-2 RNA in upper respiratory specimens for up to 3 months after illness onset, albeit at concentrations considerably lower than during illness, in ranges where replication-competent virus has not been reliably recovered and infectiousness is unlikely. Studies have not found evidence that clinically recovered persons with persistence of viral RNA have transmitted SARS-CoV-2 to others.

Discontinuing Home Isolation for Persons with COVID-19:

Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. Specifically, researchers have reported that people with mild to moderate COVID-19 remain infectious no longer than 10 days after their symptoms began, and those with more severe illness or those who are severely immunocompromised remain infectious no longer than 20 days after their symptoms began. Therefore, CDC has updated the recommendations for discontinuing home isolation as follows:

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days* have passed since symptom onset **and**
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
- Other symptoms have improved.

*A limited number of persons with severe illness may produce replication-competent virus beyond 10 days, that may warrant extending duration of isolation for up to 20 days after symptom onset. Consider consultation with infection control experts. See [Discontinuation of Transmission-Based Precautions and Disposition of Patients with COVID-19 in Healthcare Settings \(Interim Guidance\)](#).

Persons infected with SARS-CoV-2 who never develop COVID-19 symptoms may discontinue isolation and other precautions 10 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA.

Summary of Recent Changes

Updates as of July 20, 2020

- A test-based strategy is no longer recommended to determine when to discontinue home isolation, except in certain circumstances.
- Symptom-based criteria were modified as follows:
 - Changed from “at least 72 hours” to “at least 24 hours” have passed *since last* fever without the use of fever-reducing medications.
 - Changed from “improvement in respiratory symptoms” to “improvement in symptoms” to address expanding list of symptoms associated with COVID-19.
- For patients with severe illness, duration of isolation for up to 20 days after symptom onset may be warranted. Consider consultation with infection control experts.
- For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA.

Where Can I Get Tested?

Ask your healthcare provider about testing. If you have health insurance, contact your healthcare provider about FREE testing and care. If you do not know how to reach your healthcare provider, call the customer service number on your insurance card, or [click here](#) to view websites of major healthcare providers in Orange County.

The following types of testing sites are available:

- **[Drive Thru Testing Clinics, Urgent Cares, and Labs](#)**. Many locations are now available for testing. They will utilize your health insurance with NO COPAY, and some - for example, CVS - will provide FREE testing for people without insurance. Contact them first to verify any costs and to make an appointment.
- **[OC COVID-19 Testing Network for those with Symptoms](#)**. If you have symptoms of COVID-19 or someone in your household has COVID-19, and you **cannot get a test through your healthcare provider**, you can get a FREE medical assessment (check-up) and a test through the OC COVID-19 Testing Network. These are community health centers that offer testing and care, even if you don't have health insurance.
- **[OC COVID-19 Testing Super Sites for those with symptoms or meet other California Department of Public Health \(CDPH\) criteria](#)**. These sites offer appointment-based drive-thru COVID-19 testing for individuals who cannot get a test through their medical provider and have symptoms or meet CDPH criteria such as being a healthcare worker, first responder, and other essential worker; or had close contact to someone with COVID-19.
- **[State of California OptumServe Testing Sites](#)**. These sites provide FREE testing with a brief medical screening to people who cannot get a test through their healthcare provider. These sites only offer testing and do not have a medical provider on site. These sites are recommended for people without symptoms (asymptomatic)- such as healthcare workers, first responders, and other essential workers; and those who have had close contact to someone with COVID-19. [Register for testing through OptumServe Testing](#) or call (888) 634-1123 if you do not have internet access.

Testing Resources in Orange County

Disclaimer: It is up to each individual to verify information and check with the test site regarding the insurance they take and any co-pays that are expected at time of testing

PROVIDER	LOCATION	CONTACT	APPOINTMENT
Kaiser Permanente		(877) 813-7297 healthy.kaiserpermanente.org/southern-california/health-wellness/coronavirus-information	Call the hotline for questions.
Memorial Care	San Clemente	(877) MYMEMCARE (877) 696-3622 www.memorialcare.org/coronavirus	Appointments required with physician orders
Providence	Torrance	(310) 628-9200 coronavirus.providence.org/socal-updates	Appointments required

Hoag Health Network - Hoag Urgent Care	Aliso Viejo	(949) 791-3107	Appointment or Walk-Ins
	Foothill Ranch	(949) 557-0710	
	Huntington Beach	(714) 477-8050	
	Huntington Beach	(714) 477-8450	
	Irvine	(949) 557-0600	
	Irvine	(949) 557-0720	
	Irvine	(949) 557-0000	
	Irvine	(949) 791-3106	
	Irvine	(949) 559-6500	
	Newport Beach	(949) 791-3006	
	Newport Beach	(949) 557-0730	
	Tustin	(714) 477-8300	
Tustin Ranch	(714) 477-8430		

covid19.hoag.org
hoagurgentcare.com

CVS	Anaheim Hills	(866) 389-2727	Appointments required
	Costa Mesa		
	Fullerton	www.cvs.com/minuteclinic/covid-19-testing	
	Huntington Beach (3 locations)		
	Irvine		
	La Habra		
	Los Alamitos		
	San Clemente		
	Seal Beach		
	Stanton		
	Tustin		
	Yorba Linda		

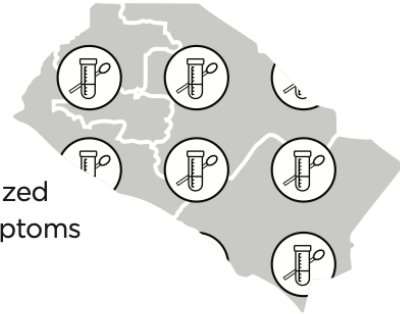


UCI Health (714) 456-7002 Call for Details

<http://www.ucihealth.org/patients-visitors/pricing-transparency/covid-19-test-billing>

Have COVID-19 symptoms? Get FREE testing.

The Orange County Health Care Agency cares about you and wants anyone with symptoms of COVID-19 to be tested. That's why our new **OC COVID-19 Testing Network** is offering FDA-authorized COVID-19 testing at NO CHARGE to anyone with symptoms who doesn't have access to a healthcare provider.



1. Only request a test if you have symptoms

These include **cough, shortness of breath** or **difficulty breathing**, as well as fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, and loss of taste or smell.

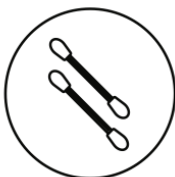
If you are experiencing these symptoms, call your health care provider (if you have one) and isolate yourself from others as soon as possible.



2. Call first to make an appointment

Same-day or next-day appointments are usually available, but residents **must call first** to assure eligibility and availability of testing.

Find a continually updated list of test sites, with information on scheduling and the appointment process, at ochealthinfo.com/covidtest or the HCA's Health Referral Line: **(800) 564-8448**.



3. Testing is confidential

The COVID-19 test for people with symptoms involves a **nasal swab**, with no needles or blood samples required. Results are typically available in two to four days, or in some cases sooner.

**Help protect yourself, your loved ones and your community.
Find out if you have COVID-19 now, even if you don't have health insurance.**

**ochealthinfo.com/covidtest
(800) 564-8448**



OC COVID-19 Testing Network for those with Symptoms

If you have symptoms of COVID-19 and you cannot get a test through your healthcare provider, you can get a FREE medical assessment and a test through the OC COVID-19 Testing Network. These are all community health centers that offer testing and care, even if you do not have health insurance. If you test positive your close contacts (those who have been within 6 feet for more than 15 minutes) will be tested or referred to another location for testing.

Locations are listed below, or see Map of COVID-19 Testing Locations to find a location near you.



LOCATION	ADDRESS	SCHEDULE	TELEPHONE
Family Health Matters Community Health Center	Fullerton	Monday - Friday	https://hipaa.jotform.com/201466740399159 (714) 441-0411
Families Together of Orange County	Tustin	Wednesday-Friday	(714) 332-6359
KCS Health Center	Buena Park	Monday-Friday	https://www.kcshealthcenter.org/covid19-testing (714) 503-6550

KCS Health Center	Buena Park	Monday-Friday	https://www.kcshealthcenter.org/covid19-testing (714) 503-6550
Laguna Beach Community Clinic	Laguna Beach	Monday - Friday	www.lbclinic.org (949) 494-0761
Serve the People Community Health Center	Santa Ana	Tuesday & Thursday Saturday	(714) 742-2738
SOS Health Center	Costa Mesa	Monday - Friday	(949) 270-2100
SOS Health Center	Mission Viejo	Monday - Friday	(949) 270-2100
SOS Health Center	Newport Beach	Monday - Friday	(949) 270-2100
SOS Health Center	Santa Ana	Monday - Friday	(949) 270-2100
Southland Integrated Services, Inc.	Garden Grove	Monday - Friday	(714) 620-7001
St. Jude Neighborhood Health Center	Fullerton	Monday - Friday	(714) 446-5100

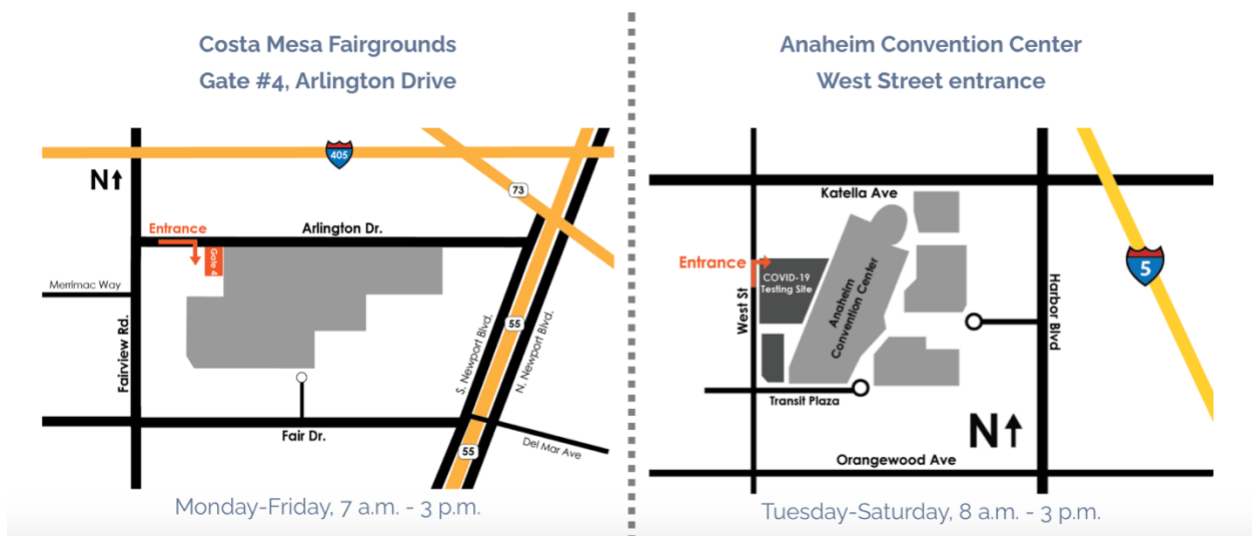
OC COVID-19 Testing Super Sites

Testing is now available through two appointment-based drive-thru sites that can serve more than 2,000 people daily. Testing is available at no cost to people who live in Orange County. To get testing, you must meet Public Health priorities for testing and should register if **cannot get a test through their medical provider (doctor)**. Please contact your provider first.

The test offered at the two sites is called a PCR test. The test will show if someone is currently infected with COVID-19 and may be contagious.

APPOINTMENTS ARE REQUIRED.

Where:



Who Can Get Tested?

If you have health insurance through an HMO, please get testing through your provider.

If you do not have health insurance through an HMO, you can get tested at the super site if you meet these requirements:

- Live or work in Orange County
- Have [symptoms of COVID-19](#) OR meet Public Health criteria for priority testing:
 - Healthcare workers and first responders
 - Workers in congregate living settings such as skilled nursing facilities, jails, or homeless shelter settings
 - Individuals with close contact (15 minutes or more within 6 feet) to someone known or suspected to have COVID-19
 - [Essential workers](#) – those with contact with the public such as such as grocery store workers, social service providers, government workers, teachers, etc.

Kaiser Permanente Members:

If you are a Kaiser Permanente member, please contact the Kaiser network for testing. To find out how, contact member services or go to healthy.kaiserpermanente.org/southern-california/health-wellness/coronavirus-information

How To Make An Appointment

- Should you have insurance, **please contact your provider first** about getting tested through your doctor and medical plan.
- Appointments will be scheduled using a secure registration link, <https://360clinic.fulgentgenetics.com/>, using your smart phone, tablet or computer and complete the required information.
- Should you have insurance, you are required to enter it on the registration site.
- Once you have registered, you may select your appointment time and a confirmation text or email will be sent to you.
- Once you come to the site, show your confirmation (either on your phone or printed out) at the test site.

Preparing for Your Test

- **You will only be tested if you made an appointment and you will only be tested on the date and time of your appointment.**
 - Be prepared to show your confirmation on your phone or with a print out to a testing representative as well as your personal identification.
 - If others are in the car with you but do not have an appointment, they will not be tested.
- Please arrive to your appointment on time. Do arrive no more than 15 minutes before or after your appointment time. Should you miss this window, you will not get tested. As such, please prepare your visit accordingly.
- Bring your [face covering and wear it](#). You do not have to wear a face covering while in the car alone or with household members, but when a healthcare worker approaches your car, please put your face covering over your mouth and nose.
- The wait and test process should take less than 60 minutes, but please be ready to wait in your car. Bring water or snacks if you think you need it. We will not have any restroom facilities for you to use.
- You will get a brief medical assessment prior to the test.
- The test is done through a swab to get a sample from inside the nose. Someone will explain how to get the sample yourself. It is painless, quick and simple.
- You will not be asked to pay for testing.
- You will get results texted or emailed to you in approximately 2-3 days.
- If you [test positive for COVID-19](#), you will get more information about care and resources.

For more information and resources about COVID-19 visit: <http://www.ocaliforniahealthinfo.com/novelcoronavirus>.

About the Testing Partnership

This no-cost testing is made available through a public-private partnership between the OC Health Care Agency, the City of Anaheim, the City of Costa Mesa and 360 Clinic. Laboratory services are provided by Fulgent Genetics.

Read more about 360 Clinic, at <http://360clinic.md/>. For questions please email inquiries@360clinic.md, or call 1 (800) 446-8888.



- [State of California OptumServe Testing Sites](#). These sites provide FREE testing with a brief medical screening to people who cannot get a test through their healthcare provider. These sites only offer testing and do not have a medical provider on site. These sites are recommended for people without symptoms (asymptomatic)– such as healthcare workers, first responders, and other essential workers; and those who have had close contact to someone with COVID-19. [Register for testing through OptumServe Testing](#) or call (888) 634-1123 if you do not have internet access.

LHI

Register to be tested for COVID-19 English ▾

Choose your location:

Select...

Participating locations only. If a location is not listed, we're currently not providing services in that area.

GET STARTED

Already registered as a patient?
[Log in to your account](#)

Have a Corporate Access Code from your employer?
[Go to corporate registration](#)

Overview

OptumServe is the federal health business of Optum and UnitedHealth Group. LHI is a subsidiary of OptumServe. We are proud to partner with the Departments of Defense, Health and Human Services, Veterans Affairs and other organizations to help advance the federal health system and improve the health and well-being of those we collectively serve.

OptumServe is honored to assist in providing COVID-19 testing services in a safe and effective manner. OptumServe and UnitedHealth Group bring the full commitment and capabilities of our teams, including extensive experience conducting large community health events, to all those we have the privilege to serve.

[To learn more and register, select your location.](#)



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