

COVID-19: KNOW BEFORE YOU GO!

# Self-Testing

## When & How to Test

### Plan

- ☑ Consider testing before gathering with others, before attending an event, or after travel. You can help prevent the spread of COVID-19.

### Prep

- ☑ Wash hands well and clean area surfaces. Read all the instructions completely.

### Test

- ☑ Take the test exactly as directed. Use a timer to be accurate.

*If you test positive, isolate and report your results to TCHD. Scan this QR code, go to [bit.ly/tchdselftestform](https://bit.ly/tchdselftestform), or call 2-1-1.*



Testing helps  
stop the  
spread



Your Partner for a Healthy Community

[www.tompkinscountyny.gov/health](https://www.tompkinscountyny.gov/health)