



## **CDC Guidelines for COVID Exposure, Testing and When to Quarantine**

### **Who needs to quarantine?**

Anyone who has been in close contact with someone who has COVID-19—*excluding* people who have had COVID-19 within the past 3 months.

Anyone who has previously tested positive and recovered from COVID-19 do not need to quarantine or get tested again for up to 3 months, as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

### **What counts as close contact?**

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

### **Steps to take**

Stay home and monitor your health:

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

### **If you think or you know you had COVID-19 and HAD symptoms:**

**You can be around others after:**

- 10 days since symptoms first appeared, and
- 24 hours with no fever, without the use of fever-reducing medications, and
- Other symptoms of COVID are improving\*

\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.



**If you tested positive for COVID-19 but have had no symptoms:**

***IF* you continue to have no symptoms, you can be with others after:**

- 10 days have passed since you had a positive viral test for COVID-19
- \*\*\*If you develop symptoms at any time in the 10-day period following the positive test, you would then quarantine for an additional 10 days, and
- Follow the additional guidelines above for a *positive test with symptoms*.

**Additional Important Info Regarding Test Results...**

- **\*\*\*You may test negative if the sample was collected EARLY in your infection and test positive later during this illness.**
- This only means that you did not have COVID-19 at the time of testing or that your sample was collected too early in your infection.
- This does not mean you will not get sick.
- Even if you test negative, you still should take steps to protect yourself and others.
- If you have symptoms later, you may need another test to determine if you are infected with the virus that causes COVID-19.



**Available Testing Sites- WITH SYMPTOMS or WITHOUT SYMPTOMS**

**1. Sayre Health Center—DO NOT NEED TO HAVE SYMPTOMS**

227 S. 59th Street  
Philadelphia, PA 19139  
**215-474-4444**

**Walk-in and Drive-in COVID testing:**

Pre-registration is not required though it is preferred. Call to register in advance (215-474-4444) to be tested. You can arrive by car or on foot as a pedestrian. All insurances and uninsured individuals welcome. There is no copay for testing.

**Testing Hours:**

**Monday: 9:00 AM - 3:30 PM**

**Tuesday 9:00 AM - 3:30 PM**

**Wednesday: 9:00 AM - 3:30 PM**

**Thursday: 9:00 AM - 3:30 PM**

**Friday: 9:00 AM - 3:30 PM**

**CLOSED FOR LUNCH FROM 12:30PM-1:00PM**

**2. Philly Fighting COVID- Free Testing—DO NOT NEED TO HAVE SYMPTOMS**

**Fishtown Testing Site:**

49 Richmond St.  
Philadelphia, PA 19123

**Register online at <https://www.phillyfightingcovid.com/>**

**-or- Check available testing times on Instagram**

**Email [Amanda@phillyfightingcovid.com](mailto:Amanda@phillyfightingcovid.com) for additional testing times**

**3. HUP Testing Site- NEED TO HAVE SYMPTOMS**

122 Market St.  
Philadelphia, PA 19104  
**(267) 414 2303**

Drive-thru & walk-up

Must be +14 years old, No referral required

\*\*Appointments are required for testing

**Testing hours**

**Mon. 8AM-1PM**

**Tues. 8AM-1PM**

**Wed. 8AM-1PM**

**Thurs. 8AM-1PM**

**Fri. 8AM-1PM**

Guardian Nurses Healthcare Advocates, Inc.

*Lighting Your Way Through the Healthcare Maze*

P.O. Box 224

Flourtown, PA 19031

Main Phone: 215-836-0260

GuardianNurses.com



**4. Penn Urgent Care South Philadelphia Testing Site- NEED TO HAVE SYMPTOMS**

1930 S. Broad Street, Ground Floor  
Philadelphia, PA 19145  
**215-419-7500**

**Testing hours:**

**9 am to 12:30 pm, Monday through Sunday**

**\*\*\*Penn Urgent Care can evaluate symptoms and test on site if indicated as part of an Urgent Care visit. Please visit Urgent Care's Website to reserve a spot or call 215-419-7500.**

**5. Penn Urgent Care West Philadelphia Testing Site- NEED TO HAVE SYMPTOMS**

4040 Market Street  
Philadelphia, PA 19104  
**215-419-7500**

**Testing hours:**

**8am to 4 pm, Monday through Friday (closed weekends)**

**\*\*\*Testing is done on the lobby level within the building. Please schedule an appointment by calling 267-414-2303.**

**6. CHOP Specialty Care Center Voorhees- \*\*Children only**

1012 Laurel Oak Rd  
Voorhees Twp, NJ 08043  
**Schedule online at [www.CHOP.edu/COVID-testing](http://www.CHOP.edu/COVID-testing)**

Can also call CHOP COVID Hotline to schedule at this or other CHOP testing locations  
**1-800-722-7112**

**7. PM Pediatrics Washington Township \*\*For Children and an Adult Caregiver *with* symptoms**

3501 Rte. 2  
Crosskeys Commons  
Turnersville, NJ 08012

**Schedule Appointment online at**

**[www.PMPediatrics.com](http://www.PMPediatrics.com)**

Or, Call to schedule

**856-795-5437**

**Testing Hours**

**Monday- Sunday- 12:00pm-10:00pm**



8. **Inspira Urgent Care Monroe Township--Drive thru Site- \*\*All Ages. NEED TO HAVE SYMPTOMS**  
364 Berlin Crosskeys Rd  
Williamstown, NJ 08094  
**856-885-2600**  
**\*\*Call for testing appointment**
9. **South Jersey Family Medical Centers- \*\*All Ages. DO NOT NEED TO HAVE SYMPTOMS.**  
Drive Thru or Walk-up  
Multiple Locations:
- Atlantic, Burlington and Salem Counties**  
**<https://www.sjfm.org/information-on-the-coronavirus-covid-19/>**  
**Check the website for closest location**
- Call for Appointment**  
**609-569-4510**  
**\*\*Testing days and hours vary depending on location**
10. **15 to Know Rapid Testing Center- \*\*All Ages. Not a free test. DO NOT need to be Symptomatic \$75 per test if Asymptomatic/\$99 per test if symptomatic (insurance reimbursement available if symptomatic or exposed to someone with confirmed COVID-19)**  
**Located at:**  
CHERRY HILL MALL - PARKING LOT ACROSS FROM FOOD COURT BEHIND MACYS  
2000 NJ-38  
Cherry Hill, NJ 08002  
**(800) 741-0457**  
**Schedule online at <https://15toknow.com/locations/>**
- Testing Hours:**  
**Monday-Sunday**  
**11:00am-7:00pm**

**\*Please reach out to either Diane Bassett or Jeneane Fitzmaurice, the Mobile Care Coordinator Nurses for the Teamsters Health & Welfare Fund, with any further questions.**

**Diane's Cell: 609-760-3514**  
**Jeneane's Cell: 609-760-1919**