

COVID-19 Testing Information for FCN patients *(updated 1.25.22)*

The CDC provides guidance on who should get tested and how to interpret COVID viral test results:

[CDC Test for Current Infection](#)

1. If you have symptoms:

- a. A home COVID antigen test kit can be used. Follow the directions provided in the kit to perform the test and evaluate the results. The [CDC Guidance](#) website has additional information.
- b. If you don't have a home testing kit, schedule a telemedicine visit with your regular doctor. Each family member with symptoms needs to schedule a separate appointment.
 - i. If your regular doctor is not available, FCN's [On-Demand Telemedicine](#) for urgent care may be an alternative. First come, first served. Wait times are posted online at familycarenetwork.com.
- c. **If** your provider determines that you need a COVID-19 test, they will place a lab order.
 - i. During COVID surges, testing capacity may be limited. Until you are tested, your doctor may advise you to assume you are positive, based on symptoms and exposure, and follow current recommendations for quarantine and/or isolation.
- d. Once a lab order has been placed, you will receive directions on where to get tested and whether you need to schedule an appointment. You might be tested at an FCN location, [NW Laboratory](#), or directed to a local pharmacy or community site that does PCR testing. Appointment availability may be limited during times of increased demand.
- e. Your provider will contact you with the results. Turnaround time is typically 2-3 days.
- f. Until you have test results, take [precautions](#). Wear a mask and limit time spent with others, including in your household.
- g. Most COVID infections can be managed from home with rest, fluids, and over-the-counter medications for fever (such as Tylenol).

2. If you DO NOT have symptoms:

- a. If you have a **known exposure** to a **close contact** who has tested positive, you can use a home COVID antigen test, or get tested at your local health department testing site. During COVID surges, testing appointments may be limited.
 - i. **Whatcom County:**
 1. Schedule online at TestDirectly.com or by phone at (360) 778-6075. Language interpretation services are available by phone.
 2. Location information: [Whatcom County Health Department](#)
 - ii. **Skagit County:**
 1. Location information: [Skagit County Health Department](#)
- b. Until you have a test result, take [precautions](#).
 - i. If you are fully vaccinated and have had a booster shot, quarantine is not necessary, but a mask should be worn in all situations for 10 days.
 - ii. Non-vaccinated individuals and vaccinated individuals who are due for a booster shot but have not received it should quarantine for 5 days, then wear a mask for 5 days.
- c. If you develop symptoms, see #1.

3. **If you need a COVID test for an upcoming medical procedure and DO NOT have symptoms**, please call the doctor that is performing the procedure. Once they have ordered the test, you will be directed to the appropriate location and/or provided instructions on how to schedule your test.
4. **If you need COVID test for upcoming travel and DO NOT have symptoms**, please contact a local pharmacy to make an appointment for testing*. Travel testing appointments can also be made through NW Laboratory by calling (360) 527-4592 or scheduling online at testdirectly.com. Verify with the test provider that the results will be accepted by your travel destination.
**If you are unable to schedule a test prior to your departure, please contact your regular doctor for assistance.*

From the CDC: [Interim Guidance for Antigen Testing](#)

