



ABOUT POL COVID-19 TESTING

What You Need To Know About Testing with The Pueblo of Laguna

Who can receive a test?

The Pueblo of Laguna (POL) COVID-19 test site is available to all Laguna tribal members & residents, POL Employees, and POL entity employees.

Is there an age limit for who can test?

No. We test all ages ranging from infants to elders.

Is there a requirement for testing?

There's no requirement for testing and you *do not* need to have symptoms to test. We encourage you to take advantage of this free service.

How often should I test?

General public is encouraged to test at least once a month to keep our community safe!

Who should be tested?

- ◆ Individuals who have COVID-19 symptoms. Symptoms may appear **2-14 days after exposure**:



And/or Include: headache, fatigue, allergy/sinus type symptoms, chills, muscle pain, sore throat, and loss of taste or smell.

- ◆ Household members of people who have tested positive for COVID-19
- ◆ Individuals who have been in close physical contact with someone who has COVID-19
- ◆ Residents of nursing and group homes
- ◆ Health care workers and First responders
- ◆ Essential personnel
- ◆ Village officials supporting EOC efforts

How soon will I know my test results?

First, it's important to understand that testing facilities used by the Pueblo, are also utilized by other entities around NM. When COVID-19 cases increase across the state, so does testing and the time frame to receive results.

When cases are low & steady, expect to receive your results in 2-3 days. When cases are high & increasing, results average 5-7 days to receive.

While waiting for test results...

- Self-quarantine at home. This means staying home and physically apart from others.
- If you live with others, stay in a separate room and use a separate bathroom if possible.
- Wear a face mask when entering living areas with others present.
- If your symptoms worsen, notify your contact tracer or call the EOC at (505) 328-5682.

RESULTS ARE IN, BUT WHAT DO THEY MEAN?

What does it mean if my result is negative?

- If you test negative for COVID-19, you probably were not infected at the time your sample was collected.
- However, that does not mean you will not get sick.
- The test result only means that you did not have COVID-19 at the time of testing.
- If you do not have symptoms AND have not been in close contact with anyone with COVID-19 in the past 14-days, you may stop your self-quarantine.
- A negative test result does not mean that you have immunity to the coronavirus. You must continue to follow the COVID-19 Safety Precautions to protect yourself and others.

What does it mean if my result is positive?

If your COVID-19 test result is positive, you **MUST** stay isolated in your home and take all of the following steps until your contact tracer tells you that you are clear and can stop isolation:



STAY HOME

Cover coughs and sneezes



Monitor your symptoms carefully. If your symptoms get worse, please call the EOC immediately.

Wash your hands often with soap and water at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.



Get rest and stay hydrated

As much as possible, stay in a specific room & away from other people in your home, eat meals apart, and use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



If you have a medical appointment, **call the healthcare provider** ahead of time and tell them you have COVID-19.

Avoid sharing personal items with other people in your home, such as dishes, towels, and bedding.



For medical emergencies, please call (505) 552-6666 and **notify the dispatch personnel** that you have COVID-19.

Clean all surfaces that are touched often such as counter tops, tabletops, and doorknobs. Use household cleaning spray or wipes.

