**Stop COVID-19!**

**YOUR** actions make a **BIG** difference!

Have symptoms? Get tested!

During normal times, we would expect to go to school and work and be in public with mild symptoms like a headache or cold symptoms, but not during this pandemic!

Mild symptoms are often all that show up for people, especially kids who cannot be vaccinated yet. Even if the mild symptoms go away after a day or two, if the person has COVID-19, they can still spread the virus. The virus can make some people very, very sick.

Right now, we all need to follow up with testing and/or a doctor's appointment even for mild symptoms and even if the symptoms go away after a day or two, especially for those who are unvaccinated. It could be COVID-19, or not. You won't know unless you get tested.

**Have you been vaccinated against COVID-19?**

**If not, please consider doing so!**

**Vaccinations are widely available. One option is** [Greater Cape Ann Community Collaborative (GCACC)](https://capeannclinic.com/)

Monitor yourself and your loved ones for symptoms. If you have any symptoms, call you doctor and get tested with a PCR test.

Symptoms Consistent With COVID-19:

* Fever (100 degrees F or higher), chills, or shaking chills
* Cough (not due to other known cause)
* Difficulty breathing or shortness of breath
* New loss of taste or smell
* Sore throat
* Headache when in combination with other symptoms
* Muscle aches or body aches
* Nausea, vomiting or diarrhea
* Fatigue, when in combination with other symptoms
* Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms.

Testing Info...

PLEASE STAY HOME WHILE WAITING FOR YOUR RESULTS if you get tested because of symptoms you recently had or have.

* Get tested for free, without an appointment and with quick results at any of the MA Stop the Spread sites.
  + Salem testing sites: no appointment needed.

[St. Peters Church, 24 St. Peter Street  
Salem, Massachusetts 01970](https://www.google.com/maps/dir/St.%2520Peters%2520Church,%252024%2520St.%2520Peter%2520StreetSalem,%2520Massachusetts%252001970)

Monday - Thursday: 9 a.m.- 3 p.m.  
Friday: 9 a.m. -2 p.m

Walk-up

**Salem High School**

77 Wilson Street

on the following days and hours: Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays 4pm-8pm; Saturdays 10am-3pm.

Drive-thru

* You can also get tested for free and have the convenience of an appointment through [Project Beacon](https://www.mass.gov/info-details/regional-express-covid-19-testing-sites-in-massachusetts).
* Get tested at one of 4 local pharmacies, get swabbed before 12 noon on a weekday and get results in 48 hours or less:
  + <https://www.veritasgenetics.com/>This service requires $120 out of pocket for the pcr test. Check with your insurance company for reimbursement guidelines. This is a great option for testing due to travel, as those tests would not be covered by insurance anyway.
* Professional, [at-home test kits](https://www.mass.gov/info-details/covid-19-testing-guidance#testing-options-for-entities-) like [Pixel](https://www.pixel.labcorp.com/ma-testing?utm_source=stateofma&utm_medium=referral&utm_campaign=covid-19_ma-testing), are covered by insurance and available for uninsured individuals as well. These tests are easy-to-use, arrive via overnight shipping, and currently have an average turnaround time of 1-2 days according to LabCorp.
* Binax Now and other Ag tests: To be an official test, the test needs to be proctored. Binax Now HOME tests that have online proctoring component and can be used as an official test for those 18 plus. Binax Now Self tests canImage not.
* Testing is also available through CVS.com or AFC.com. Appointments are booked several days out and results are taking a few days to come back.
* Your doctor's office can also arrange for testing. North Shore Medical Center, affiliated with MGH/Brigham offers drive through appointments for rapid PCR tests with same day results.
* Lahey drive through testing results are currently taking a few days to report.
* **Visit**[www.mass.gov/gettested](http://www.mass.gov/gettested)**for more information and to find a testing site near you.**

COVID-19 Safety Basics...

* Stay at least 6 feet apart from others.
* Wear a multi-layered mask which fits well and covers your mouth and nose when out in public or around people who are not your household members.
* Wash your hands with sanitizer or soap and water frequently.
* Don't touch your face.
* Want to get together with friends and family over the holidays? It is possible to do while reducing risk of transmission, but you need to follow the guidelines: https://www.mass.gov/doc/stop-covid-19-tips-for-a-safe-thanksgiving-english/download
* Go to Mass.gov to see the latest guidance and information on COVID-19.
  + <https://www.mass.gov/info-details/covid-19-updates-and-information>