

San Diego Regional Center COVID-19 TESTING



SDRC and Community Partners will be offering free COVID testing to anyone associated with SDRC and their vendors. These tests are available throughout San Diego & Imperial Counties.

Why Get Tested?

- I/DD Population are more likely to have complicated health conditions.
- Preventative Testing is sometimes required by your employer.
- **Routine testing allows public health workers to diagnose asymptomatic cases and interrupt the chain of transmission.**
- **Testing also helps provide data on the effectiveness of vaccines!**

Who and Why?

- **ANYONE & EVERYONE!**
- If you are out and about in the community, it is recommended that you receive routine testing at least once a month, or sooner
- If you or someone you have been around someone who has tested positive for COVID-19 or develops symptoms.
- If you or someone close to you has an underlying medical condition, it is especially important to do surveillance testing.

How to stay Protected

- Wear a Mask and encourage those around to you to wear mask.
 - Proper Mask wearing includes covering your mouth and nose.
- Social Distancing – 6ft distance with non-household members
- Washing your hands, avoid touching your eyes, nose and mouth.
- Use Hand Sanitizer if washing hands is not available.
- Stay home if possible
- Minimize gatherings

Vaccine

- After getting the COVID vaccine, will I test positive for COVID-19? No, the vaccine cannot cause you to test positive on a viral diagnostic test (Centers for Disease and Control and Prevention).
- Even after getting vaccinated, it is still important to surveillance test.
- While vaccines have shown 95% effectiveness after 2 weeks of the 2nd dose, more data from testing is needed to learn how long this immunity lasts.
- For more information use the QR Code below to access DDS website:



Need To Schedule Testing? Use the SDRC Calendar for public events !!!

<http://sdrc.org/covid19>

Developed by Tiffany Swan, Doctoral Student at National University

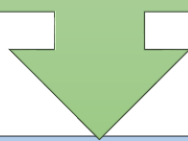
March 2021

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Locations are all over San Diego and Imperial Counties. Access the SDRC Calendar for Locations (updated daily):

www.sdrc.org/covid19



Preregister at the desired location by following the link on the calendar event. Mobile testing is available as well. Contact Tiffany Swan or April Cowie for more information.

Everyone is eligible for FREE COVID Testing!

Thank you to all these vendor who volunteered as testing sites!



If you would like to schedule testing or would like to become a testing site:
Tiffany Swan: Tiffany.Swan@sdrc.org April Cowie: April.Cowie@sdrc.org