



## Types of COVID-19 Diagnostic Test

There are two types of COVID-19 tests available: viral tests and antibody tests.

### Viral test

- Indicates if you have a current infection.
- Samples from your track respiratory system are tested using a nasal swabs, to tell you if you are infected with SARS-CoV-2, which is the virus that causes COVID-19.
- There are two types of viral test:
  - **Rapid test** - Results are fast, it is easy to use, and it can be done at home or anywhere else.
  - **Lab tests** - these may take a few days for the result that includes molecular tests.

### Antibody test

Antibody tests are blood tests that look results to identify who may have had prior infection or prior COVID-19.

- Antibody testing is not recommended to determine if you currently have SARS-CoV-2 infection, or if you have immunity after being vaccinated against COVID-19. These tests also do not determine if you should get a booster dose or if you must quarantine after being exposed to the virus.



### People at risk of severe symptoms

- **Advanced age:** The risk of developing severe symptoms increases with age. Adults over 85 years old are at greater risk of presenting symptoms and more when they already suffer from other health conditions.
- **Asthma problems and other lung diseases:** COVID-19 affects the lungs, so people with lung problems and other health conditions are more likely to have severe symptoms.
- **Heart diseases:** People with this condition are more likely to have severe symptoms of COVID-19.
- **Diabetes and obesity:** The condition increase the risk of serious symptoms since both weaken the immune system.
- **Cancer:** People who currently have cancer are at higher risk of developing more severe COVID-19 symptoms. Treatments vary depending on the type of cancer and the treatment you are receiving.
- **Weak immune system:** If you have a weak immune system, you should take preventive measures to lower your risk of contracting the COVID-19 virus.
- **Kidney diseases:** Having severe symptoms of COVID-19 and using medications for kidney disease could have negative effects on the liver.
- **Down's Syndrome:** Those with the syndrome are at risk for other health problems along with severe symptoms of COVID-19.

## Test results



- If you test **positive** for COVID-19 through a viral test, you will need to isolate for at least five days.
- If you test **negative** for COVID-19, you were probably not infected at the time your sample was collected. On the other hand, you may not have the antibodies against the virus, either because you have not been vaccinated or have not been infected. You can continue with your routine activities.
- If the result is **positive or negative**, you should be vaccinated against COVID-19 and follow other preventive measures to protect yourself and others.

## Preventive measures to avoid contagion

Avoid exposure to the virus by practicing the following recommendations:

- Get vaccinated against COVID-19.
- Keep distance from people who have the virus.
- Wash your hands for at least 20 seconds or use alcohol-based hand sanitizer.
- Wear a mask while in indoors and places where there are a large number of people.



Prepared by licensed Health Educators.  
Revised August 2022. ©First Medical Health Plan, Inc.

- Avoid touching your eyes, mouth, and nose.
- Disinfect frequently surface such as doorknobs, electronic devices, light switches, and others regularly.
- If you feel sick, stay at home. Go out only if you are going to receive medical attention.



The doctor will determine whether the patient should be tested based on the symptoms and history of respiratory illness. Most COVID-19 patients have symptoms of fever, cough, and shortness of breath, but some people may also have other symptoms.

## Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with emotional and physical concerns that occur during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

### Medical Advice Line

1-844-347-7801

TTY/TDD: 1-844-347-7804

### APS Healthcare

787-641-9133

## References:

(2022)<https://espanol.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

(2022)<https://espanol.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>

(2022)<https://www.mayoclinic.org/es-es/diseases-conditions/coronavirus/in-depth/coronavirus-who-is-at-risk/art-20483301>