

# Your Health Is Essential: GET TESTED!

HELP KEEP OUR COMMUNITIES HEALTHY AND STRONG.

Testing is now available to anyone who lives or works in San Mateo County.

**IF YOU HAVE SYMPTOMS OF COVID-19 OR HAD CLOSE CONTACT WITH A SUSPECTED OR CONFIRMED COVID-19 CASE, IMMEDIATELY: M.I.S.T.**

- **M**ask: for the person experiencing symptoms and everyone in the household
- **I**solate: stay in separate rooms and avoid common areas
- **S**elf-Quarantine: all household members and close contacts should quarantine
- **T**est: until you know your test results, the safest approach is to act as if you have COVID-19

## FIND A TESTING SITE NEAR YOU:

Appointments can be made online and tests are:

- Self-administered
- Open to all residents including children
- No cost to you



[smcgov.org/testing](https://smcgov.org/testing)



San Mateo Office of  
Community Affairs  
400 County Center, 1st Floor  
Redwood City, CA 94063



Always use a mask in public and stay 6 feet away from others to slow the spread of COVID-19. #MaskUpSMC

@smc\_commaffairs @CountyofSanMateo Call 211 or visit [smcgov.org](https://smcgov.org) today!

# 您的健康很重要: 接受检测!

帮助我们社区人民保持身体健康强壮。

现向在San Mateo县居住或工作的所有人提供检测。

如果您出现COVID-19症状或曾与疑似或确诊的COVID-19病例密切接触, 请立即: 采取M.I.S.T.措施

- 戴口罩 (Mask): 针对出现症状的患者及其家里的所有人
- 患者隔离 (Isolate): 呆在单独的房间里, 避免使用公共区域
- 非患者自我隔离 (Self-Quarantine): 所有家庭成员和密切接触者应进行非患者隔离
- 检测 (Test): 在您获得自己的检测结果之前, 最安全的方法是按照COVID-19患者的方式来处理



## 寻找附近的检测点:

可在线预约, 检测:

- 由自己进行
- 对包括儿童在内的所有居民开放
- 您无须支付费用



[smcgov.org/testing](https://smcgov.org/testing)



公共场合时刻戴口罩, 并与其他人保持6英尺的距离,  
以减缓COVID-19的传播。 #MaskUpSMC



@smc\_commaffairs



@CountyofSanMateo



立即拨打211 或访问



[smcgov.org](https://smcgov.org)