



Covid-19 testing and prevention updates

With the number of COVID-19 cases rising across the country, learning all you can about testing and prevention can help you gain peace of mind and understanding. We hope this information about viral and antibody testing is useful and helps you make the best choices to protect yourself and care for your loved ones.



[Current testing guidelines and tips](#)

Stay up to date on what symptoms to check for and when to be tested.



[Contact tracing to slow the spread of COVID-19](#)

Learn about the four-step process and how you can help.



[Antibody testing: when you should have it](#)

Find answers to common antibody questions.

As the challenges of COVID-19 continue to evolve, it is important to stay well informed. We are committed to providing you with information and resources that help maintain your health and support your emotional well-being.