**Updated COVID-19 Guidance & Information for Businesses**

***\*Current as of 1/3/2022***

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**Testing**

**Who should get tested? – Current Guidance as of 1/3/2022**

* People who have [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).
* People who have come into [close contact](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html) with someone with COVID-19
  + People who have been exposed regardless of vaccination status should be tested on day 5 after exposure, click [here](https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html) for quarantine guidance
* People not fully vaccinated with COVID-19 vaccine who have been asked or referred to get testing by their school, workplace, healthcare provider.

**Symptoms of COVID-19**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with [these symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) may have COVID-19:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as they learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

**Testing Locations & Information– *Current as of 1/3/2022****\*Please note, this is not an all-inclusive list of testing sites located within Randolph County. Please visit NC DHHS Find My Testing Place to find the nearest COVID-19 testing place for your location.*

* **NC DHHS *Find My Testing Place:***To order at-home test kits, or to find the nearest COVID-19 testing site, visit [https://covid19.ncdhhs.gov/about-covid-19/testing/find-my-testing-place](https://covid19.ncdhhs.gov/about-covid-19/testing/find-my-testing-place%20)
* **StarMed (3 sites in Randolph County)***\*\*Preregistration is not required, but is strongly recommended. Visit* [*https://starmed.care/*](https://starmed.care/) *or text the word COVID to 704-850-6996 to preregister\*\*****NOTE:******Inclement weather & holiday’s may impact operation*  
    
  First United Methodist Church (Asheboro)**224 N. Fayetteville Street Asheboro, NC 27203  
  **Hours of operation:**Monday-Friday 12p-6p, Saturday 11a-2p **Randolph Community College – Archdale location**110 Park Drive Archdale, NC 27263  
  **Hours of operation:**Tuesday & Thursday *only* 10a-2p  
    
  **Randolph Community College – Asheboro location**629 Industrial Park Avenue Asheboro, NC 27205  
  **Hours of operation:**Monday, Wednesday & Friday *only* 3p-7p  
    
  **Cost:**If insured, patient will be asked to provide medical insurance information during the registration process.

If uninsured, cost will be filed under the CARES Act and will be provided at no-cost to the patient.  
  
**Testing availability (based on supply):**Rapid antigen (symptomatic patients)  
PCR

Flu

* **Central Piedmont Urgent Care (2 locations)**   
  **Randleman Location**  
  1011 High Point Street Randleman, NC 27317  
  336-498-0226

**Siler City Location**  
101 Walmart Supercenter Siler City, NC 27344  
919-663-3911

**Hours of operation:**Monday-Friday 8a-8p  
Saturday 8a-6p  
Sunday 10a-6p

**Cost:** If patient has insurance coverage, they must bring a copy of insurance card and valid photo ID (driver’s license).

If patient is uninsured, as long as they are able to provide a valid photo ID (driver’s license) **AND** have a SSN (Social Security Number), any cost associated with COVID-19 (visit & testing charge) will be filed under the CARES Act and will be provided at no-cost to the patient.  
  
**Testing availability (based on supply):**Rapid antigen  
PCR

**For more information**, please visit <https://www.centralpiedmonturgentcare.com/>

* **White Oak Urgent Care (2 locations)  
  Asheboro location**197 North Carolina 42 Asheboro, NC 27203  
  336-625-2560  
    
  **Randleman location**  
  608 West Academy Street Randleman, NC 27317  
  336-495-1001  
    
  **Hours of operation:**Monday-Friday 8a-8p  
  Saturday 9a-6p  
  Sunday 10a-6p  
  *\*Offices are closed on Easter, Thanksgiving, and Christmas Day***Cost:**If patient is insured, insurance will be billed and patient will be responsible for paying copay for Urgent Care visit. Additionally, there may be additional charges for rapid testing.  
    
  If patient is uninsured, patient will be responsible for paying office visit charge (minimum of $100) and any additional charge for testing, etc.  
    
  **Testing availability (based on supply):**Rapid antigen  
  PCR

**Isolation & Quarantine**

**Isolation & Quarantine Guidance – *current as of 1/3/2022***

**If You Test Positive for COVID-19 (Isolate)**

**Everyone, regardless of vaccination status:**

* Stay home for 5 days.
* If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
* Continue to wear a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

**If You Were Exposed to Someone with COVID-19 (Quarantine)**

**If you:**  
Have been boosted  
**OR**  
Completed the primary series of Pfizer or Moderna vaccine within the last 6 months  
**OR**  
Completed the primary series of J&J vaccine within the last 2 months

* If NO symptoms are present, you do not have to quarantine however, you must
  + Wear a mask around others for 10 days.
  + Test on day 5 post exposure, if possible.

*If you develop symptoms get a test and stay home.*

**If you:**  
Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted  
**OR**  
Completed the primary series of J&J over 2 months ago and are not boosted  
**OR**  
Are unvaccinated

* Stay home for 5 days. If no symptoms are present, continue to wear a mask around others for 5 additional days.
  + If you can’t quarantine you must wear a mask for 10 days.
  + Test on day 5 post exposure, if possible.

*If you develop symptoms get a test and stay home.*

**Prevention**

**COVID-19 Prevention**

The best way to slow the spread of COVID-19 continues to be:

* Get vaccinated (including booster shot, if eligible) visit [*Find a Vaccine Location Near You*](https://covid19.ncdhhs.gov/vaccines)
* Wear a face covering indoors in public places, **regardless of vaccination status**
* Practice social distancing
* Stay home if you’re sick and get tested
* Test before and after traveling or when gathering with others not in your household
* Visit [*NCDHHS*](https://covid19.ncdhhs.gov/information/business/businesses-and-employers)for additional guidance, toolkits, and information