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## WESTFIELD REGIONAL HEALTH DEPARTMENT COVID-19 TESTING & EXPOSURE FAQs MARCH 9, 2020

### **I heard I can get tested for COVID-19 at a commercial laboratory (i.e., LabCorp and Quest)?**

Commercial labs are offering COVID-19 testing to individuals who meet certain criteria. These tests must be ordered and specimens collected by health care providers in their offices. Testing is not available at individual lab offices (i.e., local LabCorp or Quest labs). Do not go to a commercial lab and ask to be tested for COVID-19. Work with your health care provider to coordinate testing. All costs and fees associated with commercial laboratories is the responsibility of the patient.

Not everyone who has a mild illness needs to be tested, and it may take several days to get test results. Most important thing is to stay home if you are ill. You do not need approval from public health officials to be tested by a commercial laboratory.

### **What is the process of getting COVID-19 testing at a commercial lab?**

Contact your health care provider to coordinate testing. You cannot walk into a commercial lab, such as LabCorp or Quest and get tested on-site. You must have your health care provider order the test from the commercial lab and take specimens in his office.

### **If I get tested using a test kit from a commercial lab, how long will it take to get the results?**

Since your health care provider is collecting and submitting the specimen, you should check with them.

### **Should contacts of contacts be tested?**

No, being the contact of someone who has close contact with a person who has COVID-19 does not warrant testing. For example, you have a coworker whose family member is a confirmed case. You would not need to be tested. Despite coming into contact with the coworker, you did not have close contact with the person who actually has COVID-

19. What you can do it monitor yourself for symptoms and practice good hand hygiene. If you notice that you have symptoms and feel that you need to be medically evaluated, contact your health care provider and stay home/do not go to public gatherings, work/school.

**What is a “close contact?”**

A close contact is defined as being within approximately 6 feet (2meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case.

OR

Having direct contact with infectious secretions of a COVID-19 case (for example, being coughed on).

**I was at a conference/mass gathering and I heard that there are people sick from COVID-19. What should I do?**

If conference organizers/event planners were notified that an individual who attended the event are ill/symptomatic, they should notify attendees who were close contacts with the ill person (or organizers may notify the local health department who will then notify attendees). A close contact is someone who was in close proximity of the ill individuals (6 feet), for a prolonged period of time. This may include sitting and dining at a shared booth/table or had direct contact with infectious secretions of an ill person (e.g., being coughed on).

If a person who was at a large gathering/event begins to show symptoms, they should self-monitor themselves for symptoms for 14 days and contact their healthcare provider. If you notice that you have symptoms and feel that you need to be medically evaluated, contact your health care provider and stay home/do not go to public gatherings, work/school.

**I am planning a conference/mass gathering. Should I cancel the event because of COVID-19?**

Can this event be postponed? If not, urge anyone who is sick or anyone at high-risk not to attend. Persons at high-risk for severe COVID-19 illness include people over the age of 60, people with underlying health 14 conditions such as heart disease, lung disease or diabetes, people with diabetes and women who are pregnant.

Try to find ways to give people more physical space so they aren't in close contact as much as possible. Encourage attendees to maintain health habits, such as frequent hand washing. Clean surfaces with standard cleaners.

**I had a large event and heard that one/at least one of the attendees has COVID-19, what should I do?**

If you are notified that an attendee is a confirmed case of COVID-19, you may be asked to provide information (name and contact information) of all who attended the event to the state/local health department so other attendees can be advised of the situation and can monitor themselves for symptoms.

**How are school closures determined?**

The decision to close a school is made at the local level and is made jointly between the school district and the local health department. The call center does not receive information regarding school closures.

Any questions regarding school closures, or concerns about potential exposures within your child's school should be directed to either the school administration or the local health department.

**I work at a school in a different state. That state's health department told all staff that we need to self-monitor. Should I do it even though I live in NJ and not the other state?**

If you are told to self-monitor by public health staff, you should follow their recommendation. Self-monitoring is a strategy to reduce the spread of the virus.

**Providing Public Health and Environmental Services to  
Chatham Borough, Fanwood, Garwood, Mountainside,  
New Providence, Roselle Park, Summit and Westfield**