



NCDHHS is announcing new testing and contact tracing tools to help slow the spread of COVID-19

NCDHHS has released New Testing Tools for Everyone to Use. These tools include:

- **Check My Symptoms** (www.ncdhhs.gov/symptoms), a public website that allows people to enter their symptoms and determine if they should get tested for COVID-19. If they are recommended to be tested, they will receive a link to a list of nearby testing sites via email or text.
- **Find My Testing Place** (www.ncdhhs.gov/TestingPlace), a public website that allows people to input their county or ZIP code and access a list of nearby testing site locations online. **Note: you can also submit new locations at this website.**

The COVID-19 Community Team is made up of trained Local Health Department staff and Community team members who are serving as contact tracers across the state. Team members reach out to people who have tested positive for COVID-19, or anyone who has been near someone with COVID-19, and get them the information and support they need. This support can include helping someone understand what it means to have been exposed to COVID-19, how to monitor their symptoms, when to get tested, if needed, and how to protect their loved ones. When the COVID-19 Community Team reaches out, it is important that people answer the call. Individuals being contacted would get an initial text from the number 45394 or email from NC-ARIAS-NoReply@dhhs.nc.gov with follow-up phone calls from NC OUTREACH (844-628-7223) or the Local Health Department. The Community Team represents North Carolinians across the state and will be available to provide support and information in multiple languages.

[A Promotional Toolkit to Help Spread the Word](#)

For more information on testing and contact tracing, please see covid19.ncdhhs.gov/testing and covid19.ncdhhs.gov/contacttracing.