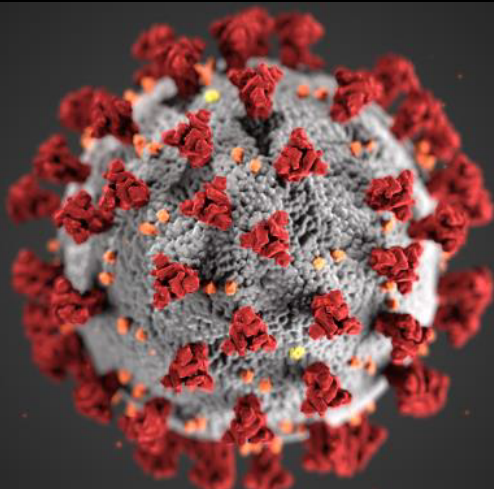


Guide for First Responders: COVID-19 Testing

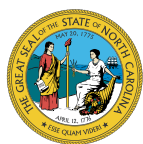
NC State Laboratory of Public Health



As a first responder,
you are prioritized for
COVID-19 testing if
you become ill.

1. Call your doctor if you develop symptoms compatible with COVID-19.
2. Wear a surgical mask to your appointment.
3. Your healthcare provider will determine if testing is needed.

We electronically share the results with your provider, usually within 1-2 days from when we receive the specimen. They should also provide you with guidance for Persons Under Investigation ([English](#) and [Spanish](#)).



Information for your provider:

The following are acceptable specimen types:

Nasopharyngeal (NP) swab
Oropharyngeal (OP) swab
Nasal swab
Mid-turbinate swab

Use a synthetic tipped, sterile swab of appropriate size with a plastic or metal shaft. Do not use a calcium alginate swab or one with a wood shaft.

The following are acceptable media types:

VTM (NCSLPH or Commercial) Saline
MTM (i.e., PrimeStore)

Label the vial containing the swab completely:

Swab type Patient Name
Date of Collection Date of Birth

Store properly until shipment:

Refrigerate at 2-8° C for up to 72 hours
Freeze at -70° C for longer storage

Completely fill out the COVID-19 submittal form online in our [ETOR portal](#).

All specimens should be packaged and shipped as a [UN3373 Category B, Biological Substance](#).



Ship overnight using commercial courier (UPS, FedEx) or private courier (e.g., hospital couriers). The State Courier cannot be used.

Keep cold. Ship refrigerated specimens on frozen cold packs and any -70°C frozen specimens on dry ice (the latter following IATA regulations).

Label the package completely.

Attention: Virology/Serology Unit, COVID-19
North Carolina State Laboratory of Public Health
4312 District Drive
Raleigh, NC 27607-5490

Specimen deliveries are received at the State Lab loading dock from:

8 a.m. - 5 p.m., Monday - Friday
8 a.m. - noon, Saturday