

# COVID Testing Guidelines

With the surge in COVID-19 cases and the rise of the delta variant strain, Carolinas HealthCare System Blue Ridge is asking the public to get tested at urgent care and express care instead of the emergency department. Please follow these guidelines:

- 1. IF YOU HAVE A PRIMARY CARE PHYSICIAN** in the Blue Ridge Medical Group network, please call the office for an appointment to get tested with or without symptoms. *(List of practices below.)*
- 2. IF YOU HAVE HAD A KNOWN EXPOSURE** to someone with COVID and do not have symptoms, wait 4 to 7 days before getting a test then go to Urgent Care or an Express Care.
- 3. IF YOU HAVE COVID SYMPTOMS**, please go to Urgent Care or an Express Care for testing but stay in your car and follow check-in instructions on signage. *(Addresses listed below.)*

Blue Ridge Urgent Care in Morganton, McDowell Express Care in Marion, Valdese Express Care in Rutherford College and Lenoir Express Care in Lenoir are open:

**Monday - Saturday 8 a.m. to 6 p.m. and on Sunday 2 p.m. to 6 p.m.**

Cajah's Mountain Express Care in Cajah's Mountain **will be open Monday through Friday 8 a.m. to 6 p.m., Saturday 9:00 a.m. to 2:00 p.m. and Sunday 1:00 p.m. to 5:00 p.m.**

## Blue Ridge Medical Group Primary Care Practices:

- Cajah's Mountain Medical Associates
- Drexel Medical Practice
- Family Medical Associates - Morganton
- Lenoir Family Medicine
- McDowell Family Practice
- McDowell Medical Associates - Marion
- McDowell Medical Associates - Nebo
- Mountain Valley Health Clinic
- Rutherford College Medical Care Center
- Table Rock Family Medicine
- Valdese Medical Associates

## Blue Ridge Urgent Care

695 Fleming Drive  
Morganton Heights  
Shopping Center  
Morganton, NC 28655  
Phone: 828-580-3278

## Cajah's Mountain Express Care

1766 Connelly Springs Rd.  
Lenoir, NC 28645  
Phone: 828-728-8224

## Lenoir Express Care

1208 Hickory Blvd. SW  
Lenoir, NC 28645  
Phone: 828-580-4653

## Marion Express Care

2293 Sugar Hill Rd.  
Marion, NC 28752  
Phone: 828-652-8727

## Valdese Express Care

730 Malcolm Blvd., Suite 150  
Rutherford College NC 28671  
Phone: 828-580-7387



Carolinan HealthCare System  
*Blue Ridge*