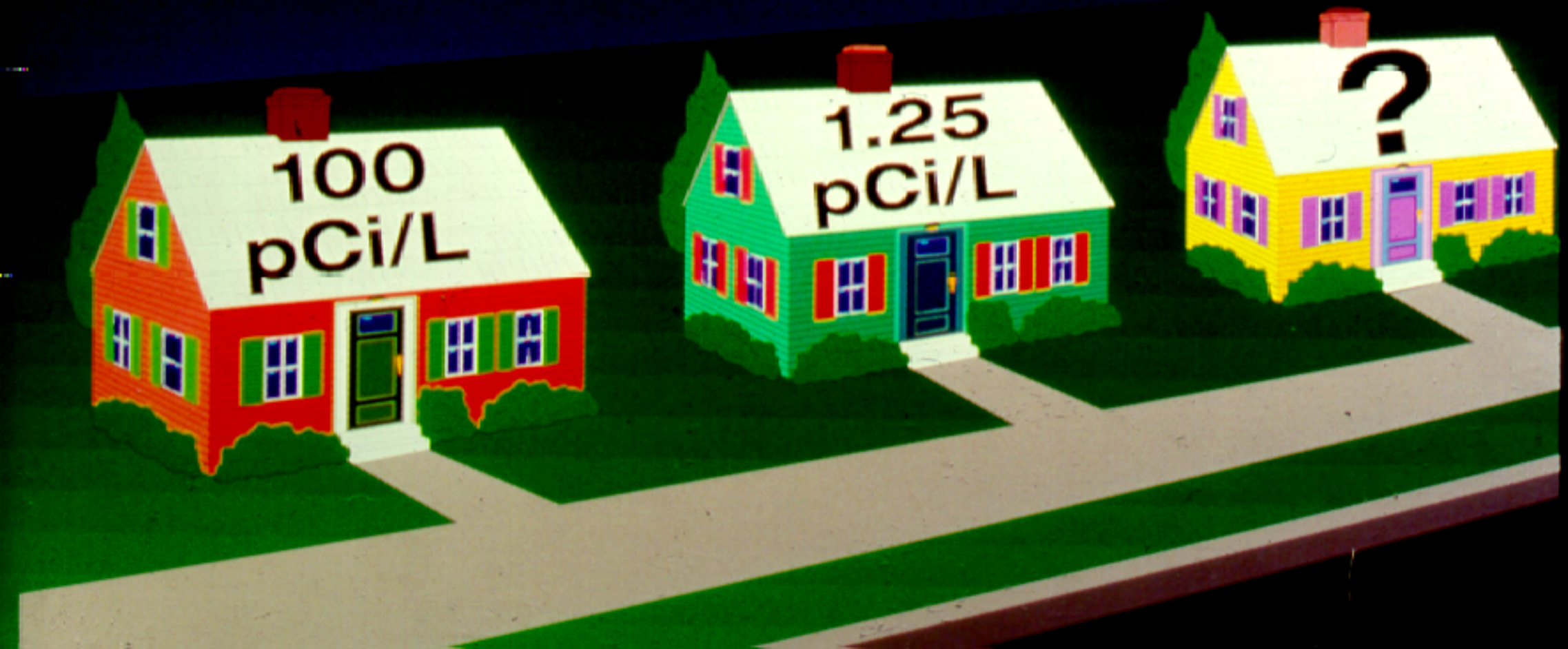Testing is the only way to know if you and your family are at risk