COVID-19 Testing: next steps and results

What should you do while you wait for your test results?

Protect yourself and others.
- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with 60% alcohol if you don’t have soap and water.
- Do not spend time with people who are sick.
- Stay at least 6 feet from others, even if you are feeling well.
- Do not touch your eyes, nose and mouth if you haven’t washed your hands.
- Clean all “high-touch” surfaces every day. These surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wear a cloth face covering when you are around others.

Take the following steps:
If you are sick:
- Follow the Home isolation instructions on page 3 while waiting for your results.
- If you are a health care worker or first responder, let your workplace know you are being tested.

If you are NOT sick:
- Follow best practices listed above to protect yourself and others.
- If you are a health care facility worker or first responder, ask your supervisor about any work and patient care restrictions until you know your test results.

We will call you with your test results in 3–5 days. We will try calling twice. If you do not answer the second call, please call your local health department.

Please see next page for more information!
Watch for symptoms.

- Keep track of when you have any new symptoms.
- Check your temperature two times a day.
- Keep a daily record of fever, cough, and any other respiratory symptoms.
- If your symptoms get worse, see a doctor via telemedicine or in-person.
  - Call your doctor before going in to see them.
  - Tell them you have been tested for COVID-19.
- Even if you don’t have symptoms, you might make others sick.

See a doctor right away if you have emergency warning signs*.

Emergency warning signs include:

- Struggling to breathe
- Bluish lips or face
- Constant chest pain or pressure
- Feeling dizzy or lightheaded all the time
- Acting confused
- Difficult to wake up
- Slurred speech (new or getting worse)
- New seizure or seizures that won’t stop

*This list does not include all emergency warning signs. Call a doctor if you have other severe symptoms. Call 911 for any medical emergencies.

COVID-19: test results

IMPORTANT: Regardless of whether your test is positive or negative, as long as COVID-19 is spreading in your community, you need to continue to protect yourself and others (see page 1).
What if your COVID-19 test comes back POSITIVE?

Follow these steps to start home isolation:

- **Do not have contact with others.** Everyone who lives in your household should stay home.
- **Do not go to work.** Let your employer know you tested positive for COVID-19.
- **Do not go to a hospital unless you have a medical emergency.** Most people who have COVID-19 have minor symptoms like fever and cough, are able to get better on their own at home.
- **Watch for symptoms.** See a doctor right away if you have any emergency warning signs (see page 2).
- **Get rest and drink plenty of fluids.**
- **Over-the-counter medications that lesson symptoms of fever and cough may help.** There is no vaccine or medication to treat or prevent COVID-19.
- **Even if you don’t have symptoms, you might make others sick.**

When is my home isolation over*?

- You have been **fever-free for at least 1 day** without using medicine that reduces fevers
- Your other **symptoms have improved**
- At least **10 days** have passed since you first had symptoms

*You may need to speak with your employer before returning to work.

What if your COVID-19 test comes back NEGATIVE?

- You most likely do not have COVID-19 at this time.
  - You could have been exposed to COVID-19 at some point and not enough time has passed for the test to pick it up. You may test positive at a later date.
  - You need to continue to practice protective measures (see page 1) to help keep yourself and others from getting sick.
- Follow instructions from your doctor and your state and local health departments.