Next Steps: while you wait for your COVID-19 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 work place 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.
Watch for symptoms.

- Keep track of when you have any new symptoms.
- Check your temperature two times a day.
- If you are sick, keep a daily record of fever, cough, and any other 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 and 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 lessen 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** for at least 24 hours
- At least 10 days have passed since you first had symptoms

**NOTE:** If you never have symptoms, you should stay isolated for at least 10 days after you were tested.

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.

Are you a close contact of someone with COVID-19?

If you are tested during your quarantine and the results are negative, you still need to complete your full 14-day quarantine before going back to work or being around others.

Wisconsin Department of Health Services | Division of Public Health | Bureau of Communicable Diseases
dhs.wisconsin.gov/covid-19 | dhsdphbcd@wi.gov

P-02599 (08/03/2020)
**14-day Fever and Symptom Tracker - COVID-19**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age (years)</th>
<th>Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Street Address</th>
<th>City</th>
<th>State</th>
<th>Your Telephone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Local Health Department</th>
<th>Telephone Number – Daytime</th>
<th>Telephone Number – After hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Put the **current date** in the space provided for the next 14 days. Take your temperature twice a day; once in the morning (a.m.) and once in the evening (p.m.), circle **Yes or No** if you have fever or are feverish, then write your temperature in the space.

Circle **Yes or No** - If you have a cough, sore throat, or shortness of breath for each day.

**Do not leave any spaces blank.** If you have a fever or any symptom, immediately call your doctor.

<table>
<thead>
<tr>
<th>Date (month/day) (Days 1-14)</th>
<th>Feverish?</th>
<th>Temperature Morning (a.m.)</th>
<th>Temperature Evening (p.m.)</th>
<th>Cough</th>
<th>Sore Throat</th>
<th>Shortness of Breath</th>
<th>Other Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Yes/No</td>
<td>°C/°F</td>
<td>°C/°F</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
</tbody>
</table>