

# 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 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.



**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.
- If you are sick, 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).

Please see next page for  
test results information!

# 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?



AND



AND



You have been **fever-free for at least 3 days** without using medicine that reduces fevers

Your other **symptoms have improved** for at least 3 days

**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.

