

# Were you tested for COVID-19?



Here are your **NEXT STEPS** while you wait for results

## If you are **SICK**:

- ✓ Follow Home Isolation Instructions (see next page).
- ✓ Pay attention to your symptoms. If you become more sick while waiting for your results, contact your healthcare provider for advice.
- ✓ If you are employed, let your employer know that you were tested and follow their protocol.

## If you are **NOT SICK with symptoms**:

- ✓ Stay home and away from others while you wait for your results.
- ✓ If you develop symptoms, contact your healthcare provider for advice.
- ✓ If you are employed, let your employer know that you were tested and follow their protocol.

**\*We highly encourage household contacts to stay home until test results are known.\***

## COVID-19 Test Results

- ✓ If you received a PCR test, which is the "gold standard" test for COVID-19, it may take 48 hours or more to get your results. Your healthcare provider will provide you with the results.
- ✓ If you received a "rapid" test, you may receive your results right away.
- ✓ If your result is **POSITIVE**, follow the Home Isolation Instructions (see next page).
- ✓ If your result is **NEGATIVE**, you likely do not have COVID-19 at this time. It is still recommended that you follow safety precautions to avoid exposure to COVID-19.

If your test is **POSITIVE**, the health department will reach out to you to provide you with information regarding isolation. Let your recent close contacts know that you are positive and that they may need to quarantine. Because of lag time in receiving information, it may be several days before the health department contacts you.

# Positive for COVID-19?

## Home Isolation Instructions



- ✓ **DO NOT** have contact with others. You should even try to stay away from others in your household. If you have continued contact with household members, their quarantine period will be extended past 14 days.
- ✓ **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 have mild to moderate symptoms that they are able to treat at home. Of course, **if you become more ill, call your doctor for advice or call 911 if it is an emergency**
- ✓ **Get rest** and drink plenty of fluids
- ✓ **Take over-the-counter medications** to help with the symptoms of fever and cough if needed
- ✓ **Remember** that even if you don't have symptoms, you could still make others sick....so stay away from others until your isolation period is over.

## When does home isolation end?

You **must meet** all three of these to end isolation



**AND**



**AND**



You are **fever-free for 24 hours** without using medicine that reduces fevers

Your other **symptoms have improved**

**At least 10 days have passed** since your symptoms started

### Emergency warning signs\* See a doctor right away or call 911!

Struggling to breathe  
Bluish lips or face  
Difficult to wake up  
Acting confused

Slurred speech (new or getting worse)  
Constant chest pain or pressure  
Feeling dizzy or lightheaded all the time  
New seizure or seizures that will not stop

\*List does not include all possible warning signs. Call your doctor with any concerns.