Thank you for Choosing to get Tested for COVID-19

What should I do while I wait for my results?

Self Isolate

Isolate yourself away from other people while you wait for your results to avoid spreading the virus. Even if you don't have symptoms, you can still infect others if you are sick.

Practice Healthy Habits

1. Cover your cough, or sneeze into your elbow or a tissue.
2. Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand rub it soap and water are not available.
3. Clean and disinfect objects and surfaces regularly, including your phone.

Monitor Your Symptoms

1. 1. Check your temperature twice a day.
2. Keep your journal of fever, cough and other respiratory symptoms.
3. If your symptoms get worse, seek medical care
4. If you must leave home, such as to seek medical care, wear a protectiveface covering and stay at least 6 feet away from others.

What should I do if my test is positive?

Continue to self-isolate at home, limiting contact with anyone in your home, until you meet these three criteria:

1. At least 10 days have passed since your symptoms first appeared (or 10 days have passed since you were tested if you never had symptoms) AND
2. You have been fever-free for at least 72 hours without using fever reducing medication
3. Your respiratory symptoms, such as cough and breathing, have improved

Please note that your Local Health Department may reach out to you for case investigation if you test positive.

> **Do NOT go to work.** Notify your place of employment of your positive test result. Seek medical care if your symptoms worsen. Go to the emergency room for serious symptoms, including persistent chest pain, di!culty breathing, new confusion, inability to wake up or stay awake, or bluish lips or face.

What should I do if my test is negative?

At this time, you do not have a COVID-19 infection. If you are in close contact to someone with COVID-19, you may still need to quarantine. If you have not been exposed, then you may resume your normal activities.
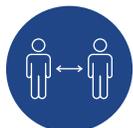
Practice Social Distancing

Wear a Mask

Wash Your Hands Frequently