

What to do after your COVID-19 test

Thank you for getting tested and helping to stop the spread of COVID-19 in Alaska! Your testing facility will contact you with your test result (positive).

If you test positive



If you test positive, expect to receive a phone call from the Alaska Division of Public Health or your medical provider with further guidance. It may take several days after you receive your test result to receive this follow-up phone call; in the meantime, if you have

questions call 907-269-8000. If you receive a POSITIVE test result, please call your primary care provider and notify them as soon as possible.

If your test result is positive, you must isolate yourself immediately and remain in isolation until you are no longer infectious and safe to be around others.

- Stay home in isolation like you were while waiting for test results.
- Separate yourself from other people and animals as much as possible in your home and stay 6 feet away at all times.
- Continue to monitor your symptoms at home. Other household members should also be monitoring for symptoms.
- Do no travel before your isolation period is over.
- Only leave your house if you need to get medical care; do not go to work, school or stores.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other personal items with other people or pets. After using these items, wash them thoroughly with soap and water.
- Practice good hygiene: Wear a face covering if your symptoms allow, cover your cough and sneezes, wash your hands often, and clean all frequently touched surfaces daily.
- Household members should always wear a face mask when near you and wash their hands after having any contact with you. Designate one household member to bring you food and other necessities. If you live with someone who is at high risk, keep separate at all times.

- Most cases can be cared for at home. If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19. This will help the provider's office take steps to keep other people from getting infected or exposed.
- Please note that if you are a visitor to Alaska, you will need to dramatically alter your travel plans. Your period of isolation following a positive test is at least 10 days (or longer if your symptoms are not resolving). You should not travel before your isolation period is over.
- For other household members or close contacts: Anyone in close contact with a confirmed case must remain in quarantine for 14 days from the last time that they were in contact with the confirmed case during their infectious period. Quarantine must continue regardless of negative COVID-19 test or note from medical provider.

What else should you do?

- Please notify anyone with whom you were in close contact (within six feet for 15 minutes or longer) starting two days prior to symptom onset or two days prior to your test if you don't have symptoms.
- You may call, text or email your close contacts to advise them that they may have been exposed. Let them know they should quarantine for 14 days since the last exposure and get tested if they experience any symptoms.
- If you need non-medical help, please call 2-1-1. They can help arrange groceries or other assistance you may need to successfully self-isolate.
- Read more on the CDC website www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/, the [State of Alaska website, dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/](https://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/) or on your local COVID-19 website.

When does home isolation end?

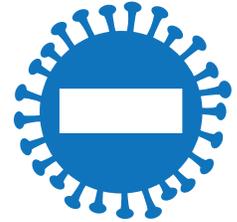
- People without symptoms who test positive must remain in isolation for 10 days since the day they were tested, and must not have any symptoms within 24 hours of stopping isolation.
- People with symptoms who test positive must remain in isolation until they have been fever-free for at least 24 hours without using medicine that reduces fevers AND all other symptoms have resolved AND at least 10 days have passed since their symptoms first appeared.

While waiting for test results, protect yourself and others

- Stay home except to get medical care. Do not go to work or school.
- Separate yourself from other people and animals. Keep at least six feet from others, including family members and others living in your household, at all times.
- Cover your coughs and sneezes.
- Avoid sharing personal household items.
- Wash your hands often.
- Clean frequently-touched surfaces often.
- Avoid using public transportation, ride sharing or taxis
- If you are employed, please inform your work supervisor that you have been tested for COVID-19 and note the date of testing.
- If you are a parent of a child in school or child care or in a camp, please inform your school nurse or administrator to let them know your child or other family members have been tested and note the date of testing.
- If you are being tested for other reasons, such as travel or in advance of a medical procedure, and you have not had possible exposure to COVID-19 you do not need to take these above precautions.

If you test negative

If your test result is negative, keep your household healthy



- If you are still experiencing symptoms, please contact your medical provider and continue to stay away from others. You may need to be tested again, or there may be some other reason you are not feeling well.
- If your symptoms have resolved and you have been feeling well for at least 24 hours, you can resume your normal activities.
- As long as the virus that causes COVID-19 is spreading in your community, continue to practice social distancing, wash your hands often, avoid touching your face, and avoid social gatherings according to local guidance.
- Follow guidance from your health care provider and public health officials.

How to monitor for symptoms

- Take your temperature every day and keep a daily record of your symptoms. Others in your household, including children, should also be monitored for symptoms.
- Seek further evaluation from a health care provider if your symptoms get worse.
- Call ahead before visiting your doctor or a health care facility and tell them you have been tested for COVID-19.
- Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:
 - Extreme difficulty breathing
 - Bluish lips or face
 - Constant pain or pressure in the chest
 - Severe constant dizziness or lightheadedness
 - Acting confused
 - Difficulty waking up
 - Slurred speech (new or worsening)
 - New seizure or seizures that won't stop

This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



FOR MORE INFORMATION VISIT:
WWW.CORONAVIRUS.GOV
and COVID19.ALASKA.GOV