

Thank you for getting tested

Your testing facility will inform you about how to obtain your test result.

What to do while waiting for your results

If you are being tested because of symptoms:

- Stay at home until your test results are back except to get medical care. **Avoid all public places and transportation.**
- Keep at least 6 feet from people and animals, including those in your household.
- Avoid sharing personal household items. Wash your hands and high touch surfaces regularly.

If you are being tested for screening purposes (before travel), there is no need to quarantine but please continue to wear a mask when needed, wash your hands and stay 6 feet apart from people outside your household.

If you are being tested because you are a close contact, you will need to quarantine if you are unvaccinated. If you are vaccinated, you do not need to quarantine but you should monitor for symptoms and wear a mask around others. If the test result is positive, you will need to isolate regardless of vaccination status.

If your test result is positive

Most people with COVID-19 have mild or no symptoms, but it is important to take care of your health and protect those around you:



- Stay at home and avoid all public places and transportation except to get medical care.
- Keep at least 6 feet from people including those in your household.
- Avoid sharing personal household items and spaces including the restroom. Wash your hands and high touch surfaces regularly.
- Wear a face covering if your symptoms allow, even in the house when in a shared space.
- Designate one household member to bring you food and other necessities.
- If you need non-medical help (e.g., groceries or other support) call 2-1-1 or 1-800-478-2221.
- Notify your close contacts that they have been exposed and need to quarantine (if unvaccinated) or get tested (if vaccinated). They should also monitor their health for 14 days and immediately isolate and seek testing if symptoms develop. More guidance for contacts can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>.

- Close contacts should stay home for at least 7 days after their most recent exposure to you. If they receive a negative test result, they can return to work or school on day 8. If testing is not available, they need to quarantine for 10 - 14 days.

When to end isolation

Your isolation periods ends 10 days after your symptoms first appeared, if 24 hours have passed with no fever (without the use of fever reducing medications) and other symptoms are improving. If you never had symptoms, isolation ends 10 days after your test specimen was collected. Note: People who are severely ill with COVID-19 may require a longer isolation period.

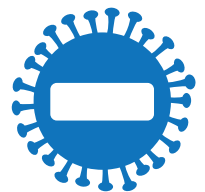


Retesting previously positive people

- Retesting people who don't have symptoms is not routinely recommended within 3 months after initial COVID-19 infection.
- For people who develop new COVID-like symptoms within 3 months after a prior COVID-19 infection, retesting may be considered by a medical provider.

If your test result is negative

This test shows you are negative for COVID-19 at this moment in time. It offers no protection from future infection. Continue to take steps to protect yourself. If you are quarantining because you are a close contact of a positive case, you still need to complete your quarantine regardless of test results.



Seek immediate medical care if you develop:

- Difficulty breathing
- Bluish, gray, or whitish 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)
- Other symptoms that are concerning