

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 or a close contact:

- 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.
- Inform your work or your child's school that you are awaiting results.

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

If your test result is positive

Most people do well, 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 including the restroom. Wash your hands and high touch surfaces regularly.
- Inform your work or your child's school that you are positive.
- Wear a face covering if your symptoms allow, even in the house when not in a separate bedroom.
- 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 need to stay home and quarantine. A person is a close contact if they were within 6 feet of you for a cumulative 15 minutes or longer during the two days prior to when your symptoms started, or when you were tested, whichever is earlier.



- 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 period ends 10 days after your symptoms first appeared. Or, if you did not have symptoms when tested, it ends 10 days after the date your specimen was collected. Also, 24 hours must have passed with no fever (without the use of fever-reducing medications) and other symptoms of COVID-19 must be improving. Note: people who are severely ill with COVID-19 may require a longer isolation period.

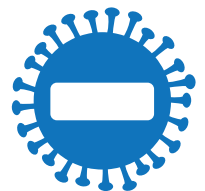


Retesting previously positive people

- Retesting people without symptoms is not routinely recommended within 3 months after the 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

