

YOU ARE BEING TESTED FOR COVID-19, NOW WHAT?

You are being tested for COVID-19 today. This is part of a project to flatten the curve, slow the spread of COVID-19 in North Dakota and help us better understand more about the distribution of the virus.

YOU HAVE BEEN TESTED AND ARE WAITING FOR YOUR TEST RESULT

If you have symptoms, you need to isolate at home away from others. Symptoms of COVID-19 include fever, cough, shortness of breath, sore throat, headache, chills, muscle aches, and loss of taste/smell.

If you don't have symptoms and are being tested COVID-19, you need to practice physical distancing. **Physical distancing** means remaining out of congregate settings, avoiding public places, mass gatherings, and maintaining distance (approximately 6 feet) from others when possible. You may still attend work but should wear a mask and monitor yourself for symptoms. Isolate yourself immediately if symptoms develop.

RESULTS ARE IN....

If your test results indicate that you **DO** have COVID-19, you need to stay home and isolate yourself from others. Someone from public health will be contacting you soon to discuss your results and provide guidance. You will need to stay home until:

- You are fever-free, without using fever-reducing medications for at least 72 hours (3 days) **AND**
- Your other symptoms (cough, sore throat, body aches, headache, etc.) have improved **AND**
- It has been at least **10** days from the onset of your illness or if asymptomatic, it has been **10** days since the collection date of your test.

If your test results indicate that you **DO NOT** have COVID-19, you should continue to practice physical distancing and limit interactions with others as much as possible. You may attend work, go to the grocery store, or participate in other activities if you are not sick. You should continue to avoid non-essential public gatherings or places (i.e., shopping centers, public events) and maintain distance (approximately 6 feet) from others when possible.

PEOPLE WHO HAVE BEEN IDENTIFIED BY PUBLIC HEALTH AS A CLOSE CONTACT TO SOMEONE WHO TESTED POSITIVE

You need to remain at home, stay away from congregate settings and **adhere to your self-quarantine recommendations provided to you by Public Health**. This means that you need to remain quarantined for the entire 14-day period from your last exposure to the confirmed COVID-19 case, regardless if you test negative. You still could be incubating the virus, so one negative earlier on during your quarantine does not prevent you from getting sick and testing positive later in you quarantine.

I HAVE QUESTIONS, WHO CAN I CONTACT?

Contact your local public health department or the NDDoH. Thank you for participating.