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

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, fatigue, sore throat, runny nose/congestion, headache, chills, muscle/body aches, nausea, vomiting, diarrhea, and new loss of taste/smell.

If you are not a close contact and 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 you should wear a mask and monitor yourself for symptoms. Isolate yourself immediately if symptoms develop.

If you have been identified as a close contact to someone who tested positive for COVID-19 and remain asymptomatic, you may quarantine for the full 14-day quarantine period.

There are options for close contacts to reduce the number of days they will need to quarantine following an exposure to a COVID-positive individual.

- If you remain symptom-free, you may reduce your quarantine period from 14 days to 10 days.
- If you are tested and receive a negative result from a viral COVID-19 test (PCR or rapid antigen), you can reduce your quarantine to seven days. Your test can be collected no earlier than five days from your last exposure. You must continue to quarantine while awaiting test results.

Vaccinated individuals can be exempted from quarantine if they meet ALL the following criteria:

- Are fully vaccinated (i.e. ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine).
- Are within 3 months following receipt of the last dose in the series.
- Have remained asymptomatic since the current COVID-19 exposure.

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

Staff and residents of long-term care facilities and other congregate living settings are exempt from the new guidance and should continue to quarantine for the full 14 days. A quarantine calculator can be found at health.nd.gov/close contact.
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Please note, if you test positive, you will need to stay home for 10 days from your symptom onset or 10 days from your test date if you are asymptomatic.

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 24 hours (1 day) **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 and you are NOT a close contact to a case, 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 limit **non-essential** public gatherings or places (i.e., shopping centers, public events) and maintain distance (approximately 6 feet) from others when possible. If you are a close contact, then you can reduce your quarantine to seven days from last exposure to a positive case if you are tested and receive a negative result from a viral COVID-19 test (PCR or rapid antigen). Your test can be collected no earlier than 48 hours prior to your quarantine release date, so the earliest you can be tested is day five from your exposure date.

I HAVE QUESTIONS, WHO CAN I CONTACT?  
Contact your local public health department or the NDDoH. Thank you for participating.