

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

As a person being tested for or possibly with COVID-19, please follow the steps below to help prevent the disease from spreading to people in your home and community.

## ISOLATE

As a person being tested for or possibly with COVID-19, please follow the steps below to help prevent the disease from spreading to people in your home and community. ISOLATE People who are mildly ill with or suspected to have COVID-19 should isolate at home during the course of the illness. Activities outside the home should be restricted. Do not attend work, school or spend time in public areas. Do not use public transportation, ride-sharing or taxis.

## SEPARATE

Separate yourself from the people and animals you live with in your home as much as possible which includes using a separate bathroom if available. If total separation is not possible, avoid close contact with people and pets. Do not snuggle, kiss or share food or drink and remember to wash your hands often. Avoid sharing dishes, cups, utensils, towels, bedding and other personal items in the home until they can be washed with soap and water. Clean all high-touch surfaces (counters, tabletops, doorknobs, toilets, phones, etc.) at least daily if not more often. Utilize household cleaning sprays and wipes according to the label instructions. Facemasks can be worn when around other people or pets. If you are not able to wear a facemask, then others may wear a facemask only when entering your isolated space.

Household contacts of people who are being tested for COVID-19 should remain at home until the test results are available. For more information about your household contacts, see [Recommended precautions for household members, intimate partners, and caregivers in a nonhealthcare setting](#).

## COVER YOUR COUGH. WASH YOUR HANDS.

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Throw these tissues into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose or mouth as much as possible.

## MONITOR YOUR SYMPTOMS

If in the course of your illness you experience worsening or severe symptoms, it is important to seek medical care. **BEFORE SEEKING CARE**, call ahead to the clinic or hospital where you plan to go and tell them you are being evaluated for or have been diagnosed with COVID-19 as they will have facility specific instructions. The facility may have a separate door or process for intake for COVID-19 patients that will help to reduce the risk of infecting others.

If you have a medical emergency, call 911 and inform the dispatch personnel that you have or are being evaluated for COVID-19. If possible, put on a facemask before EMS arrives.

## RESULTS ARE IN....

If your test results indicate that you **DO** have COVID-19, remain in home isolation until the risk of secondary transmission is low. You must remain at home isolated until 7 days have passed since your symptom onset AND you have been fever-free (<100.4°F) for 72 hours without the use of fever-reducing medications AND respiratory symptoms are improving.

If your test results indicate that you **DO NOT** have COVID-19, you should still remain in home isolation until fever free without the use of fever-reducing medications for at least 24 hours and have improved illness signs or symptoms.