

# Next Steps: while you wait for your COVID-19 test results



## Protect yourself and others.

- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with 60% alcohol if you don't have soap and water.
- Do not spend time with people who are sick.
- Stay at least 6 feet from others, even if you are feeling well.
- Do not touch your eyes, nose and mouth if you haven't washed your hands.
- Clean all "high-touch" surfaces every day. These surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wear a cloth face covering when you are around others.



## Take the following steps:

### If you are sick:

- Follow the **Home isolation instructions** on page 3 while waiting for your results.
- If you are a health care worker or first responder, let your work place know you are being tested.

### If you are NOT sick:

- Follow best practices listed above to **protect yourself and others**.
- If you are a health care facility worker or first responder, ask your supervisor about any work and patient care restrictions until you know your test results.



## Were you tested for COVID-19 at a clinic or hospital?

Your doctor will contact you when your test results are available.

Do not contact your local health department for test results.

Please see next page for  
more information!



## Watch for symptoms.

- Keep track of when you have any new symptoms.
- Check your temperature two times a day.
- If you are sick, keep a daily record of fever, cough, and any other symptoms.
- If your symptoms get worse, see a doctor via telemedicine or in-person.
  - Call your doctor before going in to see them.
  - Tell them you have been tested for COVID-19.
- Even if you don't have symptoms, you *might* make others sick.



## See a doctor right away if you have emergency warning signs\*.

Emergency warning signs include:

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>■ Struggling to breathe</li> <li>■ Bluish lips or face</li> <li>■ Constant chest pain or pressure</li> <li>■ Feeling dizzy or lightheaded all the time</li> </ul> |  | <ul style="list-style-type: none"> <li>■ Acting confused</li> <li>■ Difficult to wake up</li> <li>■ Slurred speech (new or getting worse)</li> <li>■ New seizure or seizures that won't stop</li> </ul> |
|--|--|---|

\*This list does not include all emergency warning signs. Call a doctor if you have other severe symptoms. Call 911 for any medical emergencies.

# COVID-19: test results

**IMPORTANT:** Regardless of whether your test is positive or negative, as long as COVID-19 is spreading in your community, you need to continue to **protect yourself and others** (see page 1).

Please see next page for  
test results information!

# What if your COVID-19 test comes back **POSITIVE**?

## Follow these steps to start home isolation:

- **Do not have contact with others.** Everyone who lives in your household should stay home.
- **Do not go to work.** Let your employer know you tested positive for COVID-19.
- **Do not go to a hospital unless you have a medical emergency.** Most people who have COVID-19 have minor symptoms like fever and cough and are able to get better on their own at home.
- **Watch for symptoms.** See a doctor right away if you have any emergency warning signs (see page 2).
- **Get rest and drink plenty of fluids.**
- **Over-the-counter medications that lessen symptoms of fever and cough may help.** There is no vaccine or medication to treat or prevent COVID-19.
- **Even if you don't have symptoms, you *might* make others sick.**

Once you tests positive, DHS does not recommend additional testing for at least 3 months from when your first symptoms developed. If you have new onset of symptoms before 3 months or are immunocompromised, talk to your doctor about additional testing.

## When is my home isolation over?



AND



AND



You have been **fever-free for at least 24 hours** without using medicine that reduces fevers

Your other **symptoms have improved** for at least 24 hours

**At least 10 days have passed** since you first had symptoms

**NOTE: If you never have symptoms, you should stay isolated for at least 10 days after you were tested.**

# What if your COVID-19 test comes back **NEGATIVE**?

- **You most likely do not have COVID-19 at this time.**
  - You could have been exposed to COVID-19 at some point and not enough time has passed for the test to pick it up. You may test positive at a later date.
  - You need to continue to practice protective measures (see page 1) to help keep yourself and others from getting sick.
- Follow instructions from your doctor and your state and local health departments.

## Are you a close contact of someone with COVID-19?



If you are tested during your quarantine and the results are negative, you still need to complete your full 14-day quarantine before going back to work or being around others.



## 14-day Fever and Symptom Tracker - COVID-19

Name		Age (years)		Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	
Street Address			State		
Local Health Department			Telephone Number – Daytime		Telephone Number – After hours
City			Your Telephone Number		

Put the **current date** in the space provided for the next 14 days. Take your temperature twice a day; **once in the morning (a.m.) and once in the evening (p.m.)**, circle **Yes** or **No** if you have fever or are feverish, then write your temperature in the space.

Circle **Yes** or **No** - if you have a cough, sore throat, or shortness of breath for each day.

**Do not leave any spaces blank.** If you have a fever or any symptom, immediately call your doctor.

Date (month/day) (Days 1-14)	Feverish?	Temperature Morning (a.m.)	Temperature Evening (p.m.)	Cough	Sore Throat	Shortness of Breath	Other Symptoms
1	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
2	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
3	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
4	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
5	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
6	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
7	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
8	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
9	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
10	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
11	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
12	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
13	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
14	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	