

What To Do While Waiting for COVID-19 Test Results

Protect yourself and others

- Isolate at home.
- Stay at least 6 feet away from others, even if you are feeling well.
- Let your workplace or school know you are being tested.
- Do not touch your eyes, nose and mouth.
- Clean all high touch surfaces every day.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wear a cloth face covering when you are around others.
- Wash your hands with soap and water often.

Symptoms of COVID-19

- Fever or chills
- Cough
- Fatigue
- Muscle or body aches
- Shortness of breath or difficulty breathing
- Headache
- New loss of taste or smell
- Sore throat
- Diarrhea
- Congestion or runny nose
- Nausea or vomiting

Keep track of your symptoms. If they get worse, see a doctor in-person or virtually.

See a doctor right away if you have emergency warning signs such as:*

- Trouble breathing
- Bluish lips or face
- Chest pain or pressure
- Feeling dizzy or lightheaded all the time
- Acting confused
- Difficult to wake up
- Slurred speech (new or getting worse)
- New seizure or seizures that won't stop

***not a comprehensive list**

Test results

If your test comes back positive:

- Isolate at home.
- Do not have contact with others or go to work.
- Do not go to a hospital unless you have a medical emergency.
- Watch for symptoms.
- Get rest and drink plenty of fluids.
- Over-the-counter medications that lessen symptoms of fever and cough may help.
- Even if you don't have symptoms, you could infect others.

Get results faster

COVID-19 test results are posted to your MyAspirus account as soon as they are available. If you don't have an account, signup is easy online at myaspirus.org.



When is my home isolation over?

- Five days after the onset of symptoms (first day of symptoms should be considered day 0).
AND You have been fever-free for 24 hours without any fever reducing medicine and your symptoms have improved for 24 hours.
- Wear a tight-fitting mask around others for at least 10 days following a positive test, even if your isolation ends sooner.
- If no symptoms, five days after a positive test (day results received should be considered day 0).

If your test comes back negative

You most likely do not have COVID-19 at this time.

- You could test positive at a later date.
- Continue practicing protective measures to help keep yourself & others from getting sick.