

What To Do While Waiting for COVID-19 Test Results



Protect yourself and others

- Wash your hands with soap and water often.
- Stay at least 6 feet away from others, even if you are feeling well.
- 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 face cloth covering when you are around others.

Take the following steps

If you are sick:

Isolate at home.

If you are NOT sick:

Follow practices to protect yourself & others.

Symptoms of COVID-19

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

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 other symptoms.
- If your symptoms get worse, call your doctor's office.

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.

When is my home isolation over?

- You have been fever free for 24 hours without any fever reducing medicine.
- Your other symptoms have improved for at least 24 hours.
- At least 10 days have passed since you first had symptoms.

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.