

What to do while you wait for a COVID-19 TEST RESULT



Isolate if you have symptoms.

Stay home and away from others, especially if you have symptoms. Even if you do not have symptoms, it is best to stay home, but if you have to leave, wear a mask and stay 6 feet from others.



Stay home if you were exposed.

If you were tested because you were in contact with someone who has COVID-19 and you do not have symptoms, you should stay home while waiting for your test results and you will need to **stay home for 14 days even if your test is negative**, because you could still become sick and infect others.



Make a list of prior contacts.

Write down the full names and phone numbers of people you had close contact with, starting two days prior to when your first symptoms appeared. Notify the people on your list and tell them you may have COVID-19. Advise them to stay away from others until they hear from you.



Monitor your symptoms.

If they get worse, contact your health care provider. Tell them you were tested for COVID-19.



Think ahead.

While awaiting test results, **stay at home** and start making a plan for what you will do if you test positive—which would require you to stay home for at least 10 days.



Wait for your results.

It may take several days to get your test results back. You will receive test results by email, text and/or telephone call.



If your test is positive... this means you currently have COVID-19.

Stay home. A public health worker will call you. It is important that you answer their phone call. They will ask you questions about possible exposures to COVID-19, such as people you have been indirect contact with and places you have visited.

They will also give you more information about what you should do and how long you should stay home.



If your test is negative... you may have tested too soon.

The most reliable test results are obtained when you test at least five days after the exposure occurred.

You can still be exposed or become sick at anytime. You should continue to take steps to protect yourself and others from COVID-19.

If you develop symptoms of COVID-19, talk to your doctor or other health care provider about getting tested again.