WHAT TO DO IF YOU HAVE BEEN TESTED FOR COVID-19

To avoid the spread of illness to others, follow these guidelines until you receive your COVID-19 test results:

☐ Stay home except to get medical care
  - Remain at home until you receive your COVID-19 results
  - Even if your COVID-19 results are negative, you should remain at home until you have recovered

☐ All household contacts should remain at home until test results return
  - If COVID-19 test results are NEGATIVE, household contacts to the person who was tested may leave home if they are symptom-free
  - If COVID-19 test results are POSITIVE:
    - Household contacts must remain at home until 14 days AFTER the person with COVID-19 is released from isolation
    - Household contacts who develop symptoms of COVID-19 (fever, cough, shortness of breath) should call their usual healthcare provider and let them know they have been in contact with a person with COVID-19

☐ Avoid using any kind of public transportation, ridesharing, or taxis

☐ Separate yourself from other people in your home
  - Stay in a specific “sick room” if possible
  - Use a separate bathroom if available
  - If you need to be around other people in or outside of the home, wear a facemask
  - If possible, eat in your room (have someone leave your meal outside your door)
  - Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
  - Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions

☐ Avoid direct contact with pets, including petting, snuggling, being kissed or licked, sleeping in the same location, and sharing food.
  - If possible, a household member should be designated to care for pets and should follow standard handwashing practices before and after interacting with the household animal

☐ Get rest and stay hydrated

☐ Monitor your symptoms carefully. If your symptoms get worse, call your usual healthcare provider immediately

☐ For medical emergencies, call 911 and notify the dispatch personnel that you may have COVID-19

☐ Cover your cough and sneezes

☐ Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Last Reviewed May 4, 2020