

What to do after you are tested for COVID-19

Follow the steps below if you have been tested for COVID-19, while you are waiting for your test results, and if you have tested positive for COVID-19. If you have been tested for COVID-19 and your results come back negative, you should continue to practice recommended protective measures to keep yourself and others free from illness.

You will be notified by the physician ordering the test of your results as soon as they are available. The timing of this may vary depending on the lab that administers the test.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, including pharmacies and stores. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

PEOPLE: As much as possible, you should stay in a specific room away from other people in your home and use a separate bathroom, if available.

ANIMALS: Do not handle pets or other animals while sick.

Call ahead before visiting your doctor

If you have a medical appointment, call the health care provider and tell them you have or may have COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a health care provider's office.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **BEFORE** seeking care, call your health care provider and tell them you have been tested or are being evaluated for COVID-19. Put on a facemask before you enter the facility. These steps will help the health care provider's office to keep other people in the office or waiting room from getting infected or exposed.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have been tested or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Please 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. If your test is positive, the Department of Health will tell you when you no longer need to be in isolation.