

Instructions While Awaiting Results of Testing for COVID-19



If you are being tested for COVID-19. Please self-isolate while you wait to receive the laboratory results from your healthcare provider.

What is self-isolation?

- Avoiding any activities outside your home except for getting necessary medical care
- Avoiding having visitors to keep your household members healthy



How do I prevent people and pets in my household from getting COVID-19?

- If you live with others, self-isolate in a private room and use a private bathroom if possible
- Wear a surgical mask when in general living areas
- Be sure to stay at least 6 feet away from people
- Avoid sharing personal household items, such as dishes, forks/spoons/knives, towels, or bedding. Wash these items thoroughly with soap and water after each use
- Clean frequently touched surfaces, such as counters, doorknobs, toilets, phones, tablets, and keyboards
- Cover your coughs and sneezes with a tissue. Clean hands by practicing good hand hygiene
- Keep limited contact with your pets if you are sick



When can I end self-isolation and leave my home?

Most persons with **MILD** or **MODERATE** COVID-19

- Discontinue isolation 10 days after symptoms have started AND
- No fever for at least 24 hours without use of medications AND
- Improved symptoms

Persons with **SEVERE** or **CRITICAL** COVID-19

- Extended isolation for up to 20 days after symptoms have started AND
- No fever for at least 24 hours without the use of medications AND
- Improved symptoms

Persons **WITHOUT** symptoms and tested positive

- Discontinue isolation after 10 days have passed from first positive test result date

What if I need to visit my doctor while I am waiting for my test results?

➤ Call your doctor first and tell them that you have been tested for COVID-19 and are waiting for results

➤ Wear a facemask when you go out

➤ Walk or take a private car. Do not ride public transportation or use ride-sharing.



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