

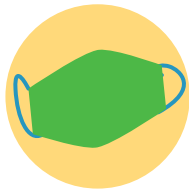
COVID-19 Testing Information

While You're Waiting for Test Results



Call

Inform employer or healthcare specialist that you have been tested for COVID-19 and the date of testing.



Cover

Cover coughs and sneezes. Avoid touching your eyes, nose, and mouth with unwashed hands.



Stay Home

Remain home until you receive results. No visitors or going to any other public or private places. Do not leave your home except for medical care.



Clean

Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer (at least 60% alcohol) if soap and water are not available. Clean high-touch surfaces daily.

Monitor your symptoms:

- **Note the day your symptoms begin.** It is important to get rest and drink plenty of fluids. Take over-the-counter medications that lessen symptoms of fever and cough as directed.
- **Check your own temperature twice a day.**
- **Keep a daily record** of fever, cough, and additional respiratory symptoms.
- **Call your healthcare provider if your symptoms worsen** or if you have concerns. Tell them you have been tested for COVID-19.

Seek medical attention immediately if you experience:

- Extreme difficulty breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficulty waking up
- Slurred speech (new or worsening)
- New seizure or seizures that won't stop

How Long to Stay Home (Fill in the blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours later:	My other symptoms got better on:	Circle the latest date and write it below. Stay home until:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Adapted from WA DOH 820-089

About Insurance Billing

- Regardless of whether you have health insurance, you will not be charged for testing and you will not receive a bill. If you are insured, UW Medicine will handle the billing of your private insurance, Medicaid, and Medicare. If you are uninsured, UW Medicine will seek reimbursement directly from the federal uninsured COVID testing fund for the cost of your test. Reimbursement from private insurance, Medicaid, Medicare and the federal uninsured COVID testing fund is necessary in order to offer testing free of charge to you.
- Learn more: <https://www.snohd.org/testing>

What are your test results?

POSITIVE

NEGATIVE

Do you have symptoms?

YES

Isolate at home until 10 days after symptoms started and 24 hours after symptoms resolved

NO

Isolate at home until 10 days after test date

Did you have close contact with a confirmed case?

YES

You need to stay at home for the full 14 day quarantine. Call your doctor if you develop any symptoms.

NO

Resume Safe Start activities as long as you are symptom-free

If You Test Positive for COVID-19

- Continue to isolate at home for the required amount of time.
- Notify your employer or healthcare specialist of your positive COVID-19 test result, as appropriate.
- You will be contacted by the Health District in order to discuss the next steps that you should take, and the close contacts that you may have had.
- If your symptoms worsen, please call your healthcare provider or 911 in an emergency.

How to Get Your Test Results

- Results should be available within 2 to 3 calendar days. **Please do not call the lab until at least 3 days have passed since you were tested.**
You will not receive a notification when your results are ready. **To find your results either:**
- Scan the QR code below to access results directly using the camera application on your phone, or
- Go to the website: <https://securelink.labmed.uw.edu> to search your results by entering the 16-digit retrieval code below and your date of birth. **We encourage you to start checking on the website after at least 2 days have passed since you were tested.**
- If you lose your QR code or have trouble accessing your results, call University of Washington laboratory service line at 1-833-562-1212 for technical assistance.



**For medical emergencies, call 911 & notify the dispatch personnel that you may have COVID-19.
FOR MORE INFORMATION VISIT: WWW.SNOHD.ORG/COVID**