COVID-19 TESTING INFORMATION

You will receive a call or text message with test results in 2-3 days.

What should you do while you wait for test results?
• Please inform your supervisor at work or healthcare specialist that you have been tested for COVID-19 and the date of testing.
• You should remain home until you receive confirmatory results.
• If positive or negative, you can return to work when
  • At least 10 days have passed since your symptoms started, AND
  • at least 72 hours have passed since your last fever, AND
  • at least 72 hours have passed since other symptoms began to improve.

What should you do to protect yourself and others while you wait for test results?
• Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer that contains at least 60% alcohol if soap and water are not available.
• Stay home 24/7. No visitors. No going to any public or private places other than your home.
• Avoid close contact with others in your household. They must keep visitors out of the home, too.
• 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.
• Cover coughs and sneezes.
• If available, wear a cloth face covering if you must be around others in your household.

What should you do if you test positive for COVID-19?
• You will be provided instructions on how to notify your close contacts. Those individuals must self-quarantine for 14 days and monitor for symptoms.
• Notify your employer or healthcare specialist of your positive test result, as appropriate.
• Most people experience minor symptoms such as fever and cough.
• Over-the-counter medications that lesson symptoms of fever and cough may help. Follow all directions and warnings on the label and do not use more than the recommended amounts of medication.
• It is important to get rest and drink plenty of fluids.

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For medical emergencies, call 911 & notify the dispatch personnel that you may have COVID-19.
FOR MORE INFORMATION VISIT: WWW.SNOHD.ORG/NCOV2019
COVID-19 TESTING INFORMATION

- There is currently no vaccine or medication to treat or prevent COVID-19.
- See below for how to monitor your symptoms and when to seek medical attention.

Monitor your symptoms:

- Note the day your symptoms begin.
- Check your own temperature two times 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 have:

- Extremely difficult breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won’t stop

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