



What to do when you have been tested for COVID-19

If you have been tested for COVID-19 you must do the following:

1. Stay in your home – do not go out in public. If you must get medical care, be sure to tell the people taking care of you that you are being tested for COVID 19
2. Anyone who lives in your house who has symptoms must also stay home. Others without symptoms should also stay home until the test results have been received.
3. Within in your home – find a place where you can be alone. A bedroom is a good place. You need to eat your meals in the room. Use disposable dishes, silverware and cups. If you do not have disposable plates, silverware, or cups, reusable dishes must be washed immediately after use with hot soapy water and rinsed. The person handling dishes must wash hands immediately. Have one person wearing a mask bring the needed supplies to your room. You need to wear a mask while the person is in the room. If possible, use a separate bathroom.
4. If you must leave the room where you are staying, you must wear some type of face covering – either a mask that has been sewn or a temporary mask made by folding over a scarf or bandana to make 4 layers and using hair ties or rubber bands for a tight fit.
5. When you receive your test results, you must still stay in your home until you are symptom free (no fever, cough improved, able to breathe normally) for 72 hours without the use of fever reducing medicine
6. If your symptoms get worse, call your health care provider.

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