If you have been tested for COVID-19 (and are a healthcare or critical infrastructure worker), follow the steps below to monitor your health and avoid spreading the disease to others:

Communicate with Public Health

- Public health will contact you with your results as soon as possible. It may take several days, depending on demand.

Monitor Your Health

If you have no symptoms (are asymptomatic):

- All patients are encouraged to **isolate while awaiting results** (regardless of symptoms); however, workers in certain industries (healthcare / critical infrastructure) may be needed at their workplace.
- If you must work while awaiting your results, **you must be masked at all times while working**. For healthcare providers: this is a surgical mask; for non-healthcare providers: an employer provided facemask or approved cloth mask.
- Please note: there still may be a risk of spread to others if you continue to work while awaiting test results (especially in healthcare settings).

If you have symptoms:

- Please **stay isolated while awaiting results**. Even if your test results are negative, you should not work while you are sick.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location, if available, to decrease their risk of exposure.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.
- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider that you have been tested for COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Practice Healthy Habits

- Continue to practice social distancing, even if you are wearing a mask.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for ≥ 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.

Learn More

- Online: www.tn.gov/health/cedep/ncov or www.cdc.gov/coronavirus/2019-ncov

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