If you have been tested for COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

**Communicate with Public Health**
- You will be notified with your results as soon as possible.

**Monitor Your Health**

*Review the common COVID-19 symptoms:*
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Nausea
- Diarrhea

*If you have any symptoms:*
- You should **isolate yourself while awaiting results**.
- 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.
- Where possible, ask others such as friends or family, to get food or necessities for you.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.
- If your symptoms get worse and you need medical assessment, call the health clinic or hospital before you arrive 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.

*If you do not have any symptoms (are asymptomatic):*
- You are not required to isolate yourself while awaiting results **UNLESS:**
  - You have had close contact with someone with COVID-19 in the last 14 days or
  - You have had close contact with someone with COVID-19 symptoms in the last 14 days
- If you develop any symptom(s) while waiting for your results, **you must isolate yourself.**
  - If your symptoms are mild, stay home and monitor your health.
  - If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you have been tested for COVID-19.

**Practice Healthy Habits**
- 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**

May 7, 2020