



Department of  
**Health**

# COVID-19

## What to Expect After Being Tested for COVID-19

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

- Public health will contact you with your results as soon as possible. It may be a week or longer, depending on demand.

### Monitor Your Health

- ALL patients should **isolate while awaiting results** (regardless of symptoms).
- 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 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

- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for  $\geq 20$  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

- Guidance may change as we learn more. Please check <http://www.tn.gov/health/cedep/ncov> for the most up to date guidance about COVID-19.