



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

Follow the directions provided when you were tested to get your results. Some providers will call you with your result, others will ask you to use an app or website to get your result.

Monitor Your Health While Waiting for Results

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 develop any symptom(s) while waiting for your results, **you must isolate yourself, whether or not you're fully vaccinated**
 - 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 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 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 have had close contact with someone with COVID-19:

- And you're fully vaccinated, you are not required to quarantine (as long as you remain symptom-free)
- If you're not fully vaccinated, you should quarantine. TDH's [Isolation and Quarantine](#) guidelines are available [here](#).

Practice Healthy Habits

- Wear 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

- <http://tn.gov/health/cedep/ncov> or <http://www.cdc.gov/coronavirus/2019-ncov>