

# What You Need to Know: COVID-19 Viral Test Results

## What you were tested for today:

**COVID-19 viral test**

## When and how will you receive your result:

**Result will be available in your MyChart account within an average of 3 – 5 days. If your result is positive, you will also receive a phone call during regular business hours Monday – Friday. Reminder: If you currently do not have a Valley MyChart account, you will receive an email about how to start one. Please start your account as soon as possible in order to get your results.**

## What to do while you wait for the test results:

You must separate yourself at home. This will help prevent the infection from being passed to others. You should stay in your home away from other people as much as possible, and not leave home except for needed medical care. We recognize that this will be a difficult process, but it is VERY important to take these precautions to protect the health and safety of your friends, family and neighbors.

### Stay home except to get medical care

As advised by the CDC, we recommend you stay in your home and minimize contact with others to avoid spreading this infection. The elderly or anyone with significant medical issues may get more severe symptoms. If your symptoms worsen—specifically difficulty breathing, unable to keep fluids down, severe vomiting, diarrhea or weakness—you may need to return to the Emergency Department for evaluation. Restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis. This is for the health and safety of others around you.

### Separate yourself from other people and animals in your home

**People:** You should stay in a specific room and away from other people in your home. Use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. For more information on animals/pets, please visit [cdc.gov/coronavirus/2019-ncov/faq.html#animals](https://www.cdc.gov/coronavirus/2019-ncov/faq.html#animals)

**Household items:** You should not share dishes, drinking glasses, utensils, towels, or bedding with other people in your home. After using these items, wash thoroughly with soap and water.

### Wear a facemask

You should wear a facemask, if possible, when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands. Cover your coughs and sneezes with a tissue. Throw used tissues in a lined trash can and immediately wash your hands or use hand sanitizer.

### Clean all “high-touch” surfaces every day

High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

### Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Put on a facemask before you enter the facility. These steps will help keep other people in the clinic or waiting room from getting exposed. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have, COVID-19. If possible, put on a facemask before emergency medical services arrive.

*(continued on reverse)*

## What to do if the results are positive:

If you have tested positive for COVID-19, that means you are infected with the virus. You should remain at home, separating yourself from other people in the home (as spelled out on side 1) for at least 10 days from when you started having symptoms and you have been without a fever for more than 24 hours without the use of fever-reducing medication. However, if your fever or symptoms last more than 10 days, then you should stay at home, away from other people until after fever is gone and symptoms get better.

If you have tested positive for COVID-19 but have had no symptoms or illness, please isolate at home for 10 days from the date of your first positive COVID-19 test.

For more information, please visit [doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf](https://doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf), [cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html](https://cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html) and [cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html](https://cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html)

## What should my household members, intimate contacts and caregivers do if I test positive?

- They should stay at home for at least 14 days after the last prolonged exposure to you (greater than 15 minutes and within 6 feet) while you were self-isolating at home.
- During the 14 days, they should monitor their health for fever over 100° F, new cough, new shortness of breath, sore throat, chills with or without shaking, muscle or body aches, new headache, unusual fatigue, loss of taste or smell, nausea, vomiting or diarrhea, runny nose not related to allergies. They should not go to work or school and should avoid public places for 14 days, matching the CDC's recommendations for the safest course of action. Your close contacts should also check with their employer and/or school about their own recommendations. As long as your contacts **DO NOT HAVE SYMPTOMS**, they can be outside for short periods of time to get groceries, prescriptions, and other personal needs. We still recommend limiting time in public and being near others to reduce the risk of spreading the virus. If possible, they should wear a mask to avoid potentially spreading the virus to others.
- Self-isolation is to help keep others safe from possible spread while they are not having symptoms and before they may get an infection. If your contacts **HAVE SYMPTOMS**, they can assume they also have COVID-19 and should be under self-isolation as described above.
- Make sure they understand and can help you follow your healthcare provider's instructions for medication(s) and care.
- Your household members' other responsibility will be to stop visitors from coming into your home unless they really need to be there.
- For more detailed instructions on the household items you use, please see the instructions on side 1 about self-isolation and use the following link: [cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions](https://cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions)
- From the Washington Department of Health on exposed contacts: [doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDExposed.pdf](https://doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDExposed.pdf)
- Find more details on getting your household ready here: [cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html](https://cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html)

## What to do if the results are negative:

If you have tested negative for COVID-19, you may have another virus, such as the flu or a cold. You should still stay home away from others until at least 24 hours after the fever is gone and symptoms improve. The prevention practices above are still helpful and apply to prevent the spread of your non-COVID-19 infection.

*For easy access to the websites listed in this handout, please refer to: [valleymed.org/PublicAdvisory](https://valleymed.org/PublicAdvisory)*

## Questions? Get more info here:

Washington Department of Health website [doh.wa.gov/Emergencies/COVID19/FrequentlyAskedQuestions](https://doh.wa.gov/Emergencies/COVID19/FrequentlyAskedQuestions)

Washington State Department of Health  
Coronavirus Call Center 800.525.0127

For UW Medicine employees and UWM clinic patients, you may call the UW Medicine Coronavirus Information Line at 206.520.2285

## Recovered from COVID-19? Your blood donation could help Valley's COVID patients:

[bloodworksnw.org/covid19study](https://bloodworksnw.org/covid19study)

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