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:
You will receive a phone call in 3 – 5 days with your result.

What to do while you wait for the test results to return:
You must quarantine yourself at home while you recover. This will help prevent the infection from being passed to others. Quarantine means that 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. We recommend this separation until you have been symptom-free for 72 hours. 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 Room for evaluation. You should 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

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.

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.

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.

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 under home quarantine precautions (as spelled out above) for at least 7 days from when you started having symptoms. However, if your fever or symptoms persist beyond 7 days, then you should remain under home quarantine until 72 hours after fever is gone and symptoms get better.

For more information, please visit doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf.

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

- They should be under self-isolation for at least 14 days after the last prolonged exposure (greater than 2 minutes and within 6 feet) with you while you were in quarantine.
- They should monitor their health for fever, cough, and shortness of breath during the 14 days. They should not go to work or school and should avoid public places for 14 days—they should 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 symptomatic and before they may develop an infection. If your contacts HAVE SYMPTOMS, they can assume they also have COVID-19 and should be under self-quarantine 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 prevent visitors from coming into your home unless they really need to be there.
- For more detailed instructions on your household items used by you, please see instructions above regarding self-isolation and use the following link: 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

**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 72 hours after the fever is gone and symptoms get better. The prevention practices above are still helpful and applicable in preventing the spread of your non-COVID-19 infection.

If you have additional questions, please see the resources below for more information:

Washington Department of Health website doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/FactSheet

Washington State Department of Health
Coronavirus Call Center 800.525.0127

UW Medicine Coronavirus Information Line
206.520.2285

For easy access to the websites listed in this handout, please refer to: valleymed.org/PublicAdvisory