

Your COVID-19 Test: Next Steps and Precautions

You have been tested for COVID-19. Patients should utilize their myD-H account to get the results as soon as they are completed. This may take 1-2 days.

You should stay quarantined at home while waiting for your results if you are symptomatic. Household members and you are not required to quarantine if you are asymptomatic.

If you test positive (Detected) for COVID-19 (SARS-CoV2 RNA), you may leave home after:

- (1) you have had no fever for at least 24 hours without using medicine that lowers fevers
AND
- (2) other symptoms, such as cough or shortness of breath, have improved
AND
- (3) 10 days have passed since you first had symptoms. If you don't have symptoms (you are asymptomatic), you must wait 10 days since the time you tested positive.

If you test negative (Not Detected) for COVID-19 (SARS-CoV2 RNA), please follow the guidelines for your particular result.

Symptomatic, no known COVID-19 exposure: You were tested for COVID-19 while you had symptoms, and your test was negative.

- You should stay at home until your symptoms have improved and you have had no fever for at least 24 hours. Call your primary care provider if your symptoms get worse or don't go away.

Symptomatic or asymptomatic, known COVID-19 exposure: You were tested for COVID-19, with or without symptoms, and you had contact with someone who was known to have COVID-19. You must quarantine for 14 days since contact.

- If the person who had COVID-19 is a household member, you must quarantine for 14 days after they have finished their quarantine, as explained above. This will take at least 24 days.

Asymptomatic, no known COVID-19 exposure: You were tested for COVID-19 while you did not have symptoms. You do not have to quarantine.

- **Asymptomatic testing for Pre-Op:** Please consult with your surgeon but it is advised you continue to quarantine from the time of testing up until your surgical date.



COVID-19 Community Testing
Alice Peck Day Memorial Hospital
Lebanon, NH 03766
(603) 448-3122

Please follow these precautions:

WHO (people and pets to take into consideration):

- The Department of Health has advised that you **MUST** self-isolate until your results are known to be negative
- You **MUST** restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid public transportation, ride-shares or taxis.
- As much as possible, you should stay in a specific room away from other people in your home. You should also use a separate bathroom, if available.
- As advised by the Centers for Disease Control and Prevention (CDC), you must stay in your home and minimize contact with others to avoid spreading this infection.

WHAT (objects/surfaces to take into consideration):

- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash them thoroughly with soap and water.
- Clean all "high-touch" surfaces every day (counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables).
- Use household cleaning products to clean high-touch surfaces. Follow instructions.

HOW (guidelines for hand washing and germ management):

- Clean your hands often. Wash your hands 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 preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissue in a lined trash can. Immediately wash your hands with soap and water or hand sanitizer.

WHEN (guidelines for seeking medical care):

- Call your doctor if you start to feel worse (increased congestion, coughing or fevers).
- Seek emergency medical treatment if you have difficulty breathing.
- Call ahead if possible and advise health care staff of possible exposure to COVID-19.
- Ask for a facemask as you enter the facility.
- These steps will help the healthcare provider office to keep other people in the office or waiting room from being infected or exposed.
- If possible, put on a facemask before emergency medical services arrive.

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