

Your COVID-19 Test: Next Steps and Precautions

You have been tested for COVID-19. D-HH patients should sign in to myD-H to get test results as soon as they are completed. This may take 1-3 days. You should stay quarantined, at home, while waiting for results. Asymptomatic household members do not need to quarantine while you await your results.

****Please note, if you are a student or a resident who lives in a setting where you meet, gather, and share space with others, or if you are a healthcare worker, you should follow your facility's instructions when determining isolation and quarantine timelines.****

If you test **POSITIVE (DETECTED)** for COVID-19 (SARS-CoV2 RNA), you should isolate.

You may leave home after:

1. You have had no fever for at least 24 hours without using medicine that lowers fevers

AND

2. 5 days have passed since you first had symptoms, and your symptoms are improving. If symptoms are not improving at day 5, isolate for 10 days.

OR

2. You have no symptoms, and 5 days have passed since your positive test

For the next 10 days:

3. Wear a well-fitting medical face mask whenever you are around other people.
4. Avoid people who are immunocompromised or at high risk for severe disease.
5. Avoid travel when possible.

If you are unable to mask, isolate for 10 days from symptom onset.

Individuals with COVID-19 confirmed by a PCR test should not repeat this test to end isolation, as repeat tests are likely to be positive for weeks to months even if illness has resolved. To end isolation, an antigen at-home test is recommended towards the end of the 5-day isolation period. Take the test only if fever-free for 24 hours without the use of fever-reducing medication, and other symptoms have improved. If the test result is positive, continue to isolate for 10 days. If the test result is negative, you may end isolation but you must continue wearing a well-fitting mask around others at home and in public until day 10.

You should notify your close contacts:

“Close contact” means you were unmasked, closer than 6 feet for more than 15 minutes in a 24 hour period. Notify those with whom you had close contact at any point during:

- the two days before you developed symptoms through your last day of isolation **OR**
- the two days before you tested positive.

Close contacts who tested positive for COVID-19 in the past 90 days do not need to quarantine if they have recovered **AND** remain asymptomatic. They should isolate if symptoms develop and consult with a provider for testing recommendations.

Persons who should quarantine after being exposed to someone with COVID-19

1. Household contacts who:

- Completed the primary series of Pfizer or Moderna over 5 months ago and are not boosted
- OR**
- Completed the primary series of J&J over 2 months ago and are not boosted
- OR**
- Are unvaccinated

Recommended Action

- Stay home and quarantine for 5 days after the last exposure.
- Test at least 5 days after the exposure, even if no symptoms develop. If positive, move to isolation.
- For 10 days after last exposure:
 - Watch for symptoms of COVID-19 and get tested if symptoms develop.
 - Wear a well-fitting medical mask when around others.
 - Avoid people who are immunocompromised or at high risk for severe disease.
 - Avoid travel when possible.

Persons who do NOT need to quarantine after being exposed to someone with COVID-19

1. Household contacts who:

- Completed the primary series of Pfizer or Moderna less than 5 months ago
- OR**
- Completed the primary series of J&J less than 2 months ago
- OR**
- Are boosted

Recommended Action

- Wear a well-fitting face mask around other people for 10 days after exposure, especially in indoor settings.
- If symptoms develop, stay home and get tested for COVID-19.
- Get tested for COVID-19 on day 5 after exposure, even if you don't have symptoms.
- If test is positive, follow isolation recommendations above.

2. Household contacts who are within 90 days of testing positive for COVID-19.

3. Experienced lower risk exposures in the community setting (eg. non-household contacts)

If you test **NEGATIVE (NOT DETECTED)** for COVID-19 (SARS-CoV2 RNA), please follow the following guidelines:

- If you have symptoms, call your primary care provider if your symptoms get worse or don't go away.
- Stay at home until your symptoms have improved and you have had no fever for at least 24 hours.
- If you don't have symptoms now, call to schedule a test immediately if symptoms develop.

Please follow these precautions:

WHO (people and pets to take into consideration):

- 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, stay in a specific room away from other people in your home. 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 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 label 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 is preferred 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.
- If you do not have a mask, ask for one as you enter the facility.
- These steps will help the health care provider's office keep other people in the office or waiting room from being infected or exposed.
- If possible, put on a mask before emergency medical services arrive.