# Instructions for Individuals Tested for COVID-19

**Contact the physician who ordered the test for results.**

**Do not call the Health Department for your results.**

Results are typically available within 7 days of testing, but may be delayed at times depending on testing volume and the laboratory used.

## While You Wait for Your Results

- **Self-isolate to your home.**
- **Wear a mask when you enter general living areas.**
- **Others who live in your home should also stay home.**
- **If your symptoms worsen, call your healthcare provider.**
- **If you live with others, self-isolate in a private room and use a separate bathroom, if possible.**
- **Make a list of close contacts - within 6 feet for more than 10 minutes - you have from two days before you became sick until you began self-isolating.**

## What to Do If You Test Positive

- **Notify your close contacts and let them know to quarantine at home for 14 days.**
- **If your symptoms worsen or you require hospitalization, notify your healthcare provider immediately.**
- **Continue to self-isolate at home until you have recovered:**
  - **72 hours NO Fever without medicine**
  - **Other Symptoms have improved**
  - **7 Days since Symptoms began**

## What to Do If You Test Negative

- **If you had a known exposure to someone with COVID-19, continue to quarantine for 14 days after your exposure.**
- **If you did not have a known exposure to someone with COVID-19 and do not have symptoms, you can stop your quarantine.**
- **If you did not have a known exposure to someone with COVID-19 and have symptoms, you may have another illness. Stay home until 3 days after your last day of your symptoms.**

For more information visit:

[Chester County Health Department](http://www.chesco.org/coronavirus)
CLOSE CONTACT NOTIFICATIONS FOR COVID-19

STEP 1: ENTER THE DATES BELOW

A. Date symptoms began: __________

B. Date 2 days before symptoms began: __________

C. Date self isolation began: __________

STEP 2: MAKE A LIST OF WHO YOU CAME INTO CLOSE CONTACT WITH BETWEEN DATE B AND DATE C

Who were you in close contact with? Did you visit a doctor's office? Did you go to work?

Date of contact  Name of person or facility  Contact Number

STEP 3: IF YOU TEST POSITIVE, CALL THOSE YOU CAME INTO CLOSE CONTACT WITH AND TELL THEM TO

<table>
<thead>
<tr>
<th>Stay Home for 14 Days from Date of Contact</th>
<th>Monitor Their Health for Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>INFORM WORKPLACE</td>
<td>AVOID CONTACT WITH OTHERS</td>
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When to Seek Medical Advice

During the 14 days if they feel sick with fever, cough, or difficulty breathing:

• Call ahead before they go to a doctor’s office or emergency room and tell them about their exposure
• Their healthcare provider will assess if they need to be tested for COVID-19

For more information visit: www.chesco.org/coronavirus