



If you had close Contact with a person who has COVID 19...



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19 (fever, cough, shortness of breath).



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

I was tested for COVID-19 how do I get my test results...



- Contact your physician office for a link to access your medical record in *MyChart*.
- Reception will send you a link so you can access your test results.



If you are sick and think or know you have COVID-19...



- Stay home until after
 - 3 days with no fever and
 - Symptoms improved and
 - 10 days since symptoms first appeared.



If you tested positive for COVID-19 but do not have symptoms...



- Stay home until after
 - 10 days have passed since your positive test.



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

What Your Test Results Mean



FAMILY MEDICINE
HEALTH CENTER

Accessible version available at <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

If you test positive for COVID-19

TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19



STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



STAY IN TOUCH WITH YOUR DOCTOR.



GET REST AND STAY HYDRATED.

Take over-the-counter medicines, such as acetaminophen, to help you feel better.

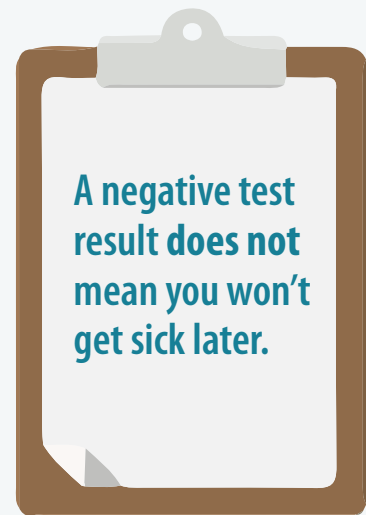


SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.
- However, **that does not mean you will not get sick.**
- It is possible that you were very early in your infection when your sample was collected and that **you could test positive later.**



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[CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)