RECOMMENDED GUIDELINES
For Individuals Undergoing Testing, including Health Care Workers and First Responders

To obtain your results, visit https://myresults.testdirectly.com or call (469) 498-0222 and use the unique key provided to you at the testing site. Test results are available within 3 to 4 days of your test.

What should you do while you wait for test results?
- Self-isolate at home except for medical care.
- Inform your work supervisor you have been tested for COVID-19 and note the date of testing.
- If you are a health care worker or first responder, request guidance from your supervisor on any potential work and patient care restrictions until you know your test results.

If you are ill:
- Stay in touch with your doctor. Keep in mind your symptoms may be due to another condition that requires prompt evaluation and treatment.
- Stay at home except for medical care. Call ahead before visiting your doctor.
- As much as possible, stay in a specific room and away from other people and pets.
- If you must be around other people or animals, wear a mask or face covering over your nose and mouth.

Whether or not you are ill:
- 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.
- Avoid close contact with people who are sick. Put at least 6 feet of distance between yourself and others when possible.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
- Cover your coughs and sneezes with a tissue, throw used tissues in the trash, and immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol.
- Anyone over the age of 2 years who can medically tolerate a face covering to cover their mouth and nose with a cloth face cover should wear one when in a public place.

Monitor any symptoms
- Note the day any new symptoms begin.
- Check your temperature two times a day.
- Keep a daily record of fever, cough and additional respiratory and other symptoms.
- Seek further evaluation from a health care provider via telemedicine or an in-person visit if your symptoms get worse. Call ahead before visiting your doctor and tell them you have been tested for COVID-19.

Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:
- Extremely difficult breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won’t stop

This list is not all-inclusive. Consult your medical provider for any other symptoms that are severe or concerning.
If you test **POSITIVE** for COVID-19, keep your entire household home.

- Stay at home and do not go to work. Notify your employer of your positive test result. **Isolate at home for at least 10 days.**
- Most cases can be cared for at home.
  - Do not go to the hospital to seek care unless you have a medical emergency.
  - Stay in touch with your doctor
- Monitor your symptoms as described on the preceding page.
- **Close contacts need to stay home until 14 days after their last exposure** (see [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html))

If you test **NEGATIVE** for COVID-19:

- You are probably not infected at this time.
  - However, false negative results do occur. If you are getting sicker, you should contact your physician and retesting should be considered.
  - Also, it can take up to 14 days after exposure for illness to occur. If you have been exposed to a person with COVID-19 as a close contact, you might test positive at a later date, and you need to continue to stay at home (self-quarantine) and keep monitoring your symptoms through 14 days from your potential exposure.
- Continue to practice all protective measures.
  - As long as the virus that causes COVID-19 is spreading in your community, continue to follow recommendations to protect yourself, including practicing physical distancing, washing your hands often, wearing a face covering in public settings, avoiding touching your face and avoiding social gatherings according to local guidance.
  - Follow guidance from your health care provider and your state and local health departments.

**What should you expect?**

- Most people experience mild to moderate illness with symptoms such as fever and cough, but some may experience more severe illness. Stay in touch with your doctor.
- Over-the-counter medications that lesson symptoms of fever and cough may help. It is important to get rest and drink plenty of fluids.
- There is currently no vaccine prevent COVID-19.

**When does home isolation end?**

- If you test positive for COVID-19 or test negative but have symptoms of COVID-19-like-illness, stay home and limit contact with others until:
  - At least 10 days* have passed since symptoms first appeared** AND
  - You have been fever-free for at least 24 hours without using medicine that reduces fever AND
  - Your symptoms (e.g., cough, shortness of breath) have improved
- You will need to consult your employer prior to returning to work.


Employers may choose to supersede this guidance.

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*For patients with severe illness, duration of isolation for up to 20 days after symptom onset may be warranted. Consider consultation with infection control experts.

**If you have no symptoms but test positive, you may end isolation 10 days after the positive specimen was collected, if no symptoms develop.