

# What should I do if I was tested for COVID-19 and awaiting results?

If you have been tested for COVID-19 and are awaiting test results, you should **self-isolate** and **self-monitor** in order to protect yourself and your community from COVID-19. You should follow these recommendations for **at least 7 days since symptoms first began AND for at least 3 days after symptoms resolve**. If you receive a negative test result, you should follow these recommendations until at least 24 hours after your symptoms resolve (no fever and improvements in other symptoms).

## Self-Isolation



**Stay home** (or other location approved by public health). This means do not go to work, school, or public areas. If you need medical care, it is important you follow the instructions below.



**Separate yourself from other people and animals** in your home. As much as possible, you should stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom.



**Avoid sharing personal household items**. You should not share dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



**Wash your hands often** and practice good hygiene.



**Wear a facemask** if you need to be around other people and **cover your mouth and nose with a tissue** when you cough and sneeze.



**Postpone all non-essential medical appointments until you are out of isolation**. If you have an essential appointment during the isolation period, please tell your local health department who will help coordinate the visit.

## Self-Monitoring



**If you have a thermometer, measure your temperature twice a day**, once in the morning and once at night. Otherwise watch for symptoms of fever like feeling hot, chills or sweats.



Watch for a worsening **cough** or **difficulty breathing**.



If you have been tested for COVID-19, **your doctor will contact you when your test results are available**. Do not contact your local health department for test results.

## If your symptoms get worse or you have difficulty breathing:

**Contact your doctor**. Do not use public transportation, ride-sharing, or taxis.

**If you need emergency medical attention, call 911 and let them know that you are being tested for novel coronavirus.**



## 14-day Fever and Symptom Tracker for Individuals tested for COVID-19 and awaiting results

Name			Age (years)	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female
Street Address	City	State		Your Telephone Number
Local Health Department			Telephone Number – Daytime	Telephone Number – After hours

Put the **current date** in the space provided for the next 14 days. Take your temperature twice a day; **once in the morning (a.m.) and once in the evening (p.m.)**, circle **Yes** or **No** if you have fever or are feverish, then write your temperature in the space.

Circle **Yes** or **No** - If you have a cough, sore throat, or shortness of breath for each day.

**Do not leave any spaces blank.** If you have a fever or any symptom, immediately call your doctor.

Date (month/day) (Days 1-14)	Feverish?	Temperature Morning (a.m.)	Temperature Evening (p.m.)	Cough	Sore Throat	Shortness of Breath	Other Symptoms
1	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
2	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
3	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
4	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
5	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
6	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
7	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
8	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
9	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
10	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
11	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
12	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
13	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
14	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	