

What to do if you think you have COVID-19

What to do while you wait for your COVID-19 test results

- Stay home and away from others, especially if you have symptoms. Even if you do not have symptoms, it is best to stay home, but if you have to leave, wear a mask and stay 6 feet from others.
- Monitor your symptoms. If they get worse, contact your health care provider. Tell them you were tested for COVID-19.
- Make a list of people you have been in close contact with recently. Tell them you may have COVID-19 and they should stay away from others until they hear from you.
- If you were tested because you were in contact with someone who has COVID-19 and you do not have symptoms, you should stay home and away from others while waiting for your test results. If you receive a negative test result, you still need to stay home for 14 days from the time you were exposed, as you could become ill. If you become ill or test positive, you must stay home for 10 days starting on the day you were tested (if you tested positive) or the day of the onset of symptoms.

Quarantine

Quarantine is separating an individual who has been exposed to a communicable disease, such as COVID-19, from other people who are not sick and who have not been exposed. Someone who is exposed to COVID-19 has a higher chance of becoming ill with the disease. When someone quarantines, this can prevent the disease from spreading if the individual becomes ill.

- The quarantine period is 14 days from the date the person was last exposed.

Isolation

Isolation is for sick people and people who test positive for COVID-19. It means staying away from others until:

- No fever for 24 hours (without medicine that lowers fevers)
- At least 10 days have passed since symptoms started or you tested positive
- Other symptoms are getting better