

# WHAT TO DO AFTER YOUR COVID-19 TEST

▶ **If you are experiencing symptoms** or were told by a health care provider you had contact to someone with COVID, stay home and keep your distance from others until your results are back.

- If your test result is **negative**, you will be informed by email\*, mail or a provider
- If your test result is **positive**, you will be notified by phone.

If you are not contacted within seven days, call your provider, or the location where you were tested. If you were tested through Humboldt County Public Health, call the COVID Community Information Line at 707-441-5000.

\*remember to check your junk mail folder.

**While waiting for your test results**, continue to monitor your health, and take steps to protect yourself and others. Next steps will depend on your situation. Seek medical attention if your condition is worsening.

**If you have symptoms**, you should stay home and await test results, except to get medical care, follow **ISOLATION** and please inform your employer.

- Follow **ISOLATION** guidance until you receive your results, in case you have been infected.



▶ **If you do NOT have symptoms** but were identified by a medical professional as a **CLOSE CONTACT** of someone who has tested positive, or if you were contacted by a recently **KNOWN POSITIVE** and had **CLOSE CONTACT**, you should follow **QUARANTINE** in case you have been infected. If you are a health care worker or first responder, please inform your employer.

- **CLOSE CONTACT** is being within 6 feet for 15 minutes or more during infectious period of the positive.
- Follow **QUARANTINE** guidance in case you have been infected. Negative results will not shorten quarantine.

▶ **If your test was done for routine surveillance**, work, travel or medical clearance, you can return to normal activity and continue to minimize your interactions with others until you get your results.

**Continue to practice physical distancing**, wear a face covering outside the house, and practice proper hygiene, including washing your hands.



If you have questions, call the COVID-19 Community Information Line: 707-441-5000.

**GUIDANCE** on how to isolate or quarantine at home can be found at [humboldt.gov/blanketorders](https://humboldt.gov/blanketorders).

# COVID-19: Quarantine vs. Isolation

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.



**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.



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

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



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



- Stay home until after
  - At least 10 days since symptoms first appeared **and**
  - At least 24 hours with no fever without fever-reducing medication **and**
  - Symptoms have improved



**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.

