THANKS | FOR GETTING TESTED

You're being tested today for the coronavirus that causes COVID-19. Testing is the best way to find and slow this virus.

There are so many new cases of COVID-19 that the public health team may not be able to call you if you test positive. The instructions below will help you to keep everyone safe and slow the spread of the virus.

While you wait to get your test results

Stay home and away from other people - starting today.

- Assume you have the virus and can spread it to others.
- Make sure we have your correct phone number. We will call you or text you with your test results, but it might take up to a week.

Make a list of all the people that you have been in close contact with recently.

- ***Close contact*** means spending 15 minutes or more within 6 feet of someone over the course of a day, with or without masks.
- ***If you do not have any symptoms,*** list all the people you were in close contact with starting two days before the day you were tested.
- ***If you do have symptoms,*** list all the people you were in close contact with starting two days before your symptoms began.

If your test result is positive

You have the virus in your body and can spread it to others. You should:

1. **Isolate at home.** Stay home and stay away from others, even those in your own household.
   - If you're sick, isolate for 10 days from the time your symptoms started AND make sure your fever is gone for 24 hours, without the help of medicine, before being around others.
   - If you don't have symptoms, isolate for 10 days from today (the day you were tested).

2. **Call, text or email your close contacts right away. Timing matters!** Let each person on your list know you tested positive for COVID-19. People are most contagious the day or two before they have symptoms and some people never show symptoms. People usually start to be contagious 4 days after they get infected. If you can reach your friends and family within 4 days of their being around you, you can keep the next person from getting sick with COVID-19.

3. **Tell your contacts to stay home, away from others, and to get tested.** They can talk to their doctors about getting a test, call 2-1-1 if they don't have a doctor, or get tested at a community test site. It's best if they wait at least 4 days from when they were last around you before taking a test. The test may not work if they get tested too soon. If they test positive, they should isolate and tell anyone they've been in close contact with.

4. **Your contacts should plan to quarantine at home** for 14 days since you were last together. It takes 2 to 14 days to show symptoms of COVID-19. If they have no symptoms, and don't work or spend time in a group living setting -- like a long-term care facility -- their quarantine can end after 10 days. If they live with someone at risk for serious illness, they should quarantine for the full 14 days.

5. **Take the call if the public health team calls you.** Tell your close contacts to answer the public health call as well.

If your test result is negative

- If you have been in close contact with someone with COVID-19, you were exposed to the virus. **Even if your test is negative, you need to stay home and apart from other people (quarantine) for 14 days** from the last time you were around that person. If you have no symptoms, and don't work or spend time in a group living setting -- like a long-term care facility -- your quarantine can end after 10 days. If you live with someone at risk for serious illness, quarantine for the full 14 days.

- **Follow any instructions from your healthcare provider.**

- **Continue everyday measures to protect yourself and others.**

- **If you are sick and not getting better,** talk to your doctor or clinic. You might be sick with something other than COVID-19.

If you are sick now or become sick

- **Take care of yourself.** Get rest and drink lots of fluids. Call your doctor or clinic to see if you can take any medicines to help you feel better.

- **Stay in touch with your doctor.** Call before going into a clinic or doctor's office. If you don't have a doctor, call 211. They can help you find care even if you don't have health insurance. Interpreters are available.

- **You may get sicker. Call your clinic or doctor for medical advice.**

- **Call 911 or go to your local emergency room if you experience these severe symptoms:**
    - » Difficulty breathing
    - » Pain or pressure in the chest or belly
    - » Unable to drink or keep liquids down
    - » New confusion or inability to wake up
    - » Bluish lips or face

Questions?

Visit multco.us/covid19 or your local health department's website for more information on what to do if you test positive for COVID-19, how to isolate or quarantine and how to get support to stay home.

Hold your smartphone's camera over this QR code to go directly to more after-testing info.

SCAN ME