

COVID-19 Post-Test Instructions

Expect your test results in 2-3 days. If you feel ill before getting your results you *must* isolate yourself right away and let your employer know. If you are feeling very ill and need a doctor, please contact your primary care provider. In an emergency, please call 911.

If you test positive:

Please remember:

- The vast majority of COVID-19 cases cause minor illness, and some people never get symptoms
- There is no specific treatment for COVID-19
- Some cases have minimal to no symptoms
- Employees must stop work immediately and isolate themselves from others
- Please call 651-201-5414 so we can help identify others that may be sick

If you test negative:

Please remember:

- Please remember to wash your hands, avoid touching your face, practice social distancing, and wear a cloth face mask. You must continue to wear the same mask and other precautions at work and while you are out as you were doing before
- Sometimes, because of the sample collection or the testing itself, a patient can test negative even if they have COVID-19 (false negative)
- Just because you are negative now does not mean you will stay negative – you could become ill at any time

About COVID-19

COVID-19 is an illness from a tiny infectious particle called a coronavirus. Most people have a fever for a few days, a cough, and feel very tired. Muscle aches, loss of smell or taste, and chills are also common. Diarrhea and some vomiting are less common but can occur. Most people get better in 1 to 2 weeks without treatment.

Some patients, particularly those that are older or have other medical conditions can get much more ill, usually in the second week of illness. If you notice yourself breathing harder or having any difficulty breathing, chest pain, or other worsening symptoms in the second week of illness call your doctor / healthline to be evaluated. If you feel severely ill, please seek medical care right away or call 911.

This illness spreads easily from person to person. You should follow the prevention steps below until a healthcare provider or local or state health department says you can return to your normal activities. Do NOT resume any activities around other people for at least a week until after major symptoms are gone. If you are a healthcare worker, do NOT resume work until cleared to do so by your employer.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. If you have a medical appointment or need to seek medical care, call the healthcare provider and tell them that you have or may have COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Separate yourself from other people in your home

As much as possible, you should stay in a specific room and away from other people in your home. Cover your cough. Use a separate bathroom, if available and do NOT share personal items. Make sure to wash your hands frequently with soap and water and have others do the same. Wipe down surfaces and door handles with disinfectant frequently.

What care is needed at home?

Drink plenty of fluids to stay hydrated. You should eat as possible though it may not taste good. You may take acetaminophen (Tylenol) or ibuprofen for pain or fever as directed on the bottle. Rest as much as you can. There is no specific treatment or prescriptions that can help.

What problems could happen?

- Lung problems like pneumonia and bronchitis
- Too much fluid loss from vomiting or diarrhea (dehydration)
- Heart problems
- Skin rashes
- Blood clots to the lungs or brain (stroke)

When do I need to see a doctor?

- Severe pain
- Trouble breathing
- Chest pain
- Possible stroke – sudden weakness in an arm or leg, difficult talking, or difficulty controlling the muscles of the face
- A fever that comes back after being gone for a few days
- Overall worsening symptoms after the first few days