

You have been tested for COVID-19.

What's next?

1. Stay home (quarantine)

until you have received your result, **which will come by phone.**



2. Monitor your symptoms

carefully. If your symptoms get worse, call your healthcare provider immediately.



3. Get rest and stay hydrated.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

** This list is not all inclusive. Consult your medical provider for any other symptoms that are severe or concerning.*

6. Cover your cough and sneezes.



7. Wash your hands often

with soap and water for AT LEAST 20 SECONDS, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room **away from other people** in your home.

Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



11. **Keep your phone on!**

As soon as we have your result, we will contact you by phone.



12. If you received your COVID-19 test at curbside, **we will bill your insurance.** You may be responsible for deductibles, co-payments or other out-of-pocket costs. Please contact your insurance company for COVID-19 coverage questions.