

# You have been tested for COVID-19. What's next?

1. **Stay home (quarantine)** until you have received your result.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare



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!** If your result is positive, we will contact you by phone as soon as possible. Otherwise, your result will post on our patient portal and be sent to your ordering provider. You may contact them to follow up.



12. If you received a COVID-19 test, **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.

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