



What to do Following Your COVID-19 Test

Here are some important things to keep in mind as you receive the results of your test and consider resuming activities or returning to work.



Self-Isolate While Awaiting Test Results

If you were tested because you experienced symptoms or were exposed to someone infected with COVID-19 stay home in a location away from other people until your test results come back. Then follow the guidance on this sheet.

If the exposure was from a household member or other intimate exposure, to be extra safe, stay at home for 14 days from when you think you were exposed to coronavirus. You may resume normal activities if you do not develop symptoms within those 14 days.



If You Test Negative, Avoid Exposure to Coronavirus

If your test result is **negative**, you are not contagious now and may resume activity outside of your residence.

Practice *social distancing* outside of the home, staying at least 6 feet from others. This is especially important if you are an individual at higher risk of getting very sick.

Cover your nose and mouth with a cloth or FDA-approved face cover in public. But remember, a mask is not a substitute for social distancing.

Cover coughs and sneezes with a tissue or the inside of your elbow.

Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available use a hand sanitizer with at least 60% alcohol.

If you are exposed to someone with COVID-19 or develop COVID-19 symptoms (such as a persistent temperature, dry cough or trouble breathing), contact a healthcare provider.

If you Test Positive, Stay Home and Stay Safe!



If you test **positive**, whether or not you have experienced the symptoms of COVID-19, you must stay home for a minimum of 10 days from the date of your test or onset of symptoms, whichever came first.

You may leave your residence and potentially return to work once your symptoms have abated and you've recovered sufficiently to have had a normal temperature, without fever reducing medication, for 72 hours, which may occur during the 10 day home isolation. However, your healthcare provider may suggest a longer self-isolation period or follow up testing based on your unique circumstances.

Home Isolation Guidelines

- If possible, stay at least 6 feet away from household members and pets.
- Wear a face mask around others.
- Use a separate bedroom and bath, if possible, and eat in a separate room or area.
- Avoid sharing towels, dishes and glasses.
- Ensure that frequently touched surfaces are cleaned AND disinfected daily using EPA-registered household disinfectants.

The Centers for Disease Control provides advice for Caring for Someone Sick at Home.

If you cannot maintain distance at home, the City of Stamford offers isolation housing. For information, contact the Department of Public Health at (203) 977-4370 between 8:30 a.m. and 4:30 p.m.

If a household member develops potential COVID-19 symptoms, call your healthcare provider for medical advice or the Stamford Health COVID-19 hotline at 203-276-4111 (7 days a week, 7:00 a.m. - 7:00 p.m.).

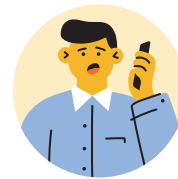
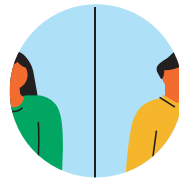
Monitor Any Symptoms and Seek Medical Attention, if needed

Seek medical attention if you have difficulty breathing or develop a high fever or other serious symptoms.

Call your healthcare provider (or 911 for a medical emergency) and tell them you have tested positive for COVID-19 before going to a facility.

Put on a face mask before entering the facility or before emergency personnel arrive to help protect care providers.

If you have a scheduled surgical procedure or medical test within one month of a positive COVID-19 test, please call your provider's office for any additional instructions.



Returning to Work Safely After COVID-19 Infection

While the CDC recommends an isolation period of at least 10 days after testing positive, your healthcare provider may suggest a longer self-isolation period or follow up testing based on your unique circumstances. If you've completed the advised isolation period and are free of symptoms, your healthcare provider can provide you with a letter clearing you to resume work.

Even after you leave self-isolation, continue to take preventive action (mask, hand washing, and social distancing) because it is uncertain whether those who have been infected with COVID-19 are resistant or immune to reinfection.

