



HOWELL COUNTY HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

What to Expect After Your COVID-19 Test

The area Local Public Health Departments want you to know and understand the guidelines that should be followed after having a COVID-19 test. **Until notified of the test results, please read and follow the important instructions below:**

- Stay at home and isolate yourself from your family, friends, co-workers and others until the results of your test are known. You may be contagious.
- Stay in a separate room/bedroom or at a minimum of at least 6 feet away from others.
- Wash your hands often.
- Cover your cough/sneeze with a tissue, then discard the tissue and wash your hands.
- Don't touch your eyes, nose or mouth.
- Clean and disinfect high touch surfaces often.
- Monitor your symptoms and contact your healthcare provider if they worsen.

IF YOU TEST POSITIVE FOR COVID-19

- A representative from your county Health Department will contact you within 24 hours of notification of a positive test.
- If your symptoms are mild to moderate, stay home, self-quarantine and continue to follow the above precautions.
- If symptoms are severe, you may be admitted to the hospital to treat symptoms and isolate from other patients.
- If you have no symptoms, you will be asked to isolate for 10 days since your positive test.
- If you have mild to moderate symptoms, you must isolate from others for 10 days since symptoms first appeared and 24 hours have passed with no fever without the use of fever-reducing medications **and** other symptoms of COVID-19 are improving.
- If you are severely ill or have a weakened immune system due to a health condition or medication, you may need to stay home longer than 10 days, up to 20 days after symptoms first appear. Additional testing may be required to determine when you may be around others.
- Prepare for a public health interview. You will be contacted by phone by Health Department staff to help you understand what to do next. The interviewer will ask for the names and contact information of people that you have had close contact within 48 hours of symptoms or a positive test result if no symptoms are present. Your name or information will not be shared with anyone.

IF YOU TEST NEGATIVE FOR COVID-19

- Continue to monitor your symptoms and follow up with your healthcare provider if symptoms worsen.
- Be aware that you may have another respiratory viral illness (flu, etc.) and you may be contagious. Be considerate of others and follow the above precautions.
- Please be aware that if your test result is negative it does not ensure that you will not contract COVID-19 at a later date.
- If you have been exposed to a person who is suspected or confirmed case of COVID-19, continue to remain at home and self-quarantine for 14 days from last contact.