



# I WAS TESTED FOR COVID-19, WHAT DO MY RESULTS MEAN?

## + What should I do if I test positive?

If you are tested and receive a positive result, the care you need will be based on the severity of your symptoms.

You will be contacted by the health department to determine your close contacts who may have been exposed and other related information.

If mild symptoms occur and you are able to breathe without difficulty, you likely have a mild form of the virus. Treatment for COVID-19 is the same as it is for other viruses; rest, plenty of fluids, and treatment of your symptoms.

If you test positive and have moderate to severe symptoms, you may need care in a hospital while you recover. Your healthcare provider will help to determine the level of care you need.

It is important to isolate yourself while you recover to reduce the risk of transmission to others who are not infected. Once you are cleared of the infection, you will be able to resume your normal activities. Be sure to get plenty of fluids, rest, and ask your healthcare provider about any questions you may have.

### Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

## — What should I do if my test is negative?

If you are tested and receive a negative result, the COVID-19 virus has not been detected in your body. If you are having symptoms of an illness: You should continue to treat your symptoms and practice social distancing while you recover. Speak to your healthcare provider if symptoms are severe. You may need additional testing to rule out other illnesses.

It is important to rest, drink plenty of fluids, and wash your hands to avoid spreading germs.



# What is COVID-19?

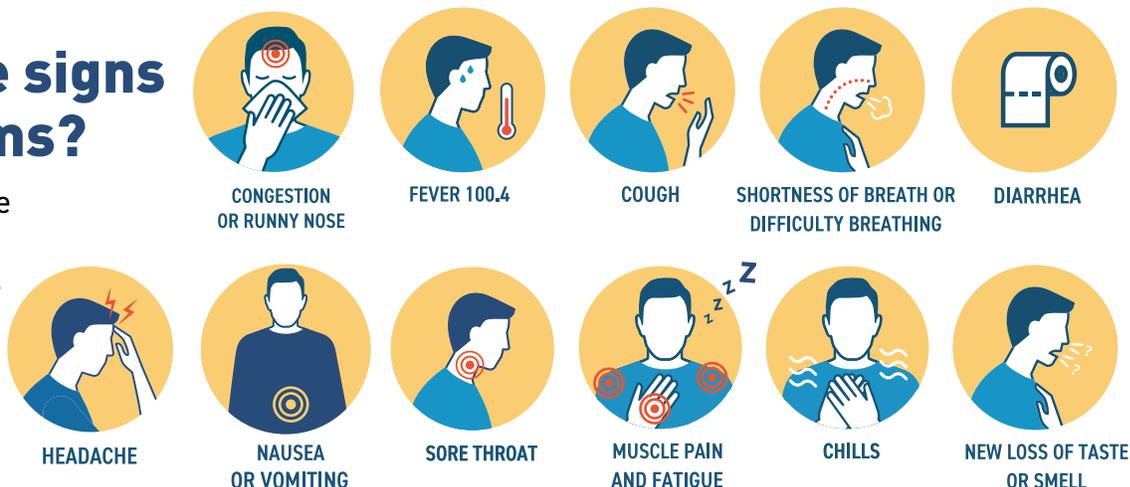
COVID-19 is a virus that spreads from person to person and causes respiratory illness. This is a new virus that we are still learning about.

## How does it spread?

COVID-19 is spread from person-to-person contact with droplets. When the affected person coughs or sneezes the droplets travel and can get into the airways of another person. The virus can also live on objects/hard surfaces that the infected person has touched. Please quarantine yourself from others as much as possible while you wait for your test results to prevent the spread of infection in case your test comes back positive.

## What are the signs and symptoms?

Reported symptoms have ranged from mild to severe. These symptoms may appear 2-14 days after exposure:



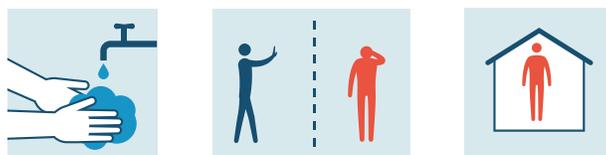
*\* If you have trouble breathing, chest pain, new confusion, inability to wake or stay awake or bluish lips or face*

# CALL 911!

## What can I do to protect myself?

You can help to avoid the spread of COVID-19 and other germs by:

- Proper handwashing
- Avoiding others who are sick
- Practicing social distancing



## Who is most at risk?

People of all ages with underlying medical conditions, particularly if not well controlled, including people with:

- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Compromised immune systems
- Severe obesity
- Diabetes
- Chronic kidney disease undergoing dialysis
- Liver disease

- People 65 years and older
- People who live in a nursing home or long-term care facility



Updated: 8/3/20