

# COVID-19 PATIENT INSTRUCTIONS FOR SELF-ISOLATION WHILE AWAITING LABORATORY RESULTS

## BACKGROUND

COVID-19 is a new disease. We know that it mainly spreads between people who are in close contact with one another (within about six feet for about 10 consecutive minutes), other times called person-to-person transmission. It is important to remember that we are still learning how this virus spreads, how severe it is and how it may spread in the United States.

After getting tested for COVID-19, you will receive your results from your healthcare provider anywhere between one to seven days after testing. This time may take longer depending on the testing volume and the laboratory doing the testing.

## WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

- Self-isolate to your home.
- If you live with others, self-isolate in a private room and use a private bathroom if possible.
- Whoever else lives in your home should also stay at home.
- Make a list of close contacts you have had from two days before you became sick until you isolated. Close contacts are people who have been within 6 feet of you for a period of 10 minutes or more.
- Wear a mask when you enter general living areas. Interact with others as little as possible.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider for instructions.

## WHAT SHOULD I DO IF I TEST POSITIVE?

- Notify your close contacts and let them know they should quarantine at home for 14 days. This includes your family members.
- Self-isolate in your home until each of the following conditions are met:
  1. It has been at least seven days since your symptoms first appeared **AND**
  2. It has been at least three days since you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving (e.g., cough, shortness of breath).
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive to the facility.
- If you do not need hospitalization, continue to self-isolate at home.

## WHAT DO I DO IF MY TEST IS NEGATIVE?

- If you had a **known exposure** to a confirmed case, continue to quarantine until 14 days after your exposure.
- If you were tested but had **no known exposure** to a confirmed case, and you are **asymptomatic**, you can stop your self-quarantine.
- If you were tested but had **no known exposure** to a confirmed case, and you are symptomatic, you may have another respiratory pathogen that is circulating in the community. Avoid work and group settings until three days after the last day of your respiratory symptoms and fever.

## RESOURCES FOR MORE INFORMATION

For more information, visit <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

The latest information on the coronavirus in the U.S. and worldwide can be found on the [CDC website](#)

Additional information from the CDC on what to do if you are sick can be found [here](#)

Help is available, contact the Crisis Text Line by texting **PA to 741-741**.

Date Created: 3/31/2020