Today you were tested for COVID-19. It may take a few days to get your results. Results from today’s test will tell you if you are infected or sick today. It is possible you could test positive in the future.

**While you wait for results:**

- If you are being tested because you have symptoms of COVID-19, are in quarantine, or were recommended for testing, **stay home and away from other people**. Staying home will stop COVID-19 from spreading.
- If you need to see a health care provider, call them first and tell them that you are waiting for COVID-19 test results.

**If your test results are positive, do these things right away, even if you are vaccinated or don’t have any symptoms:**

- Stay at home and away from other people, including the people you live with.
- Identify your infectious period. Your infectious period starts two days before symptoms began – or two days before the date you were tested if you do not have symptoms.
- Make a list of people who were in close contact with you during your infectious period. Close contact means within 6 feet, for a combined total of 15 minutes or more over a 24-hour period. People are considered close contacts even if you, or they, were wearing a mask.
- Notify your close contacts that they may have been exposed to COVID-19. Let them know the date you got tested, the date you were last in contact with them, and ask them to visit [www.healthvermont.gov/aboutclosecontact](http://www.healthvermont.gov/aboutclosecontact) so they can take steps to protect themselves and prevent the virus from spreading further.
- Contact your health care provider if needed to talk about your care and treatment of any symptoms.
- You may get a call from the Health Department. If you miss it, call us back at 802-863-7240.
- Find more details about what to do if you test positive at [www.healthvermont.gov/covid19positive](http://www.healthvermont.gov/covid19positive).

**If your test results are negative and you are in quarantine and:**

- you were tested **on day 7** of quarantine or after, and you don’t have any symptoms, **you may end quarantine**. Continue to monitor yourself for symptoms for the full 14 days.
  
  OR

- you were tested **before day 7** of quarantine, **stay in quarantine** until you have a negative test on or after day 7, or for the rest of the 14-day quarantine. Continue to monitor yourself for symptoms for the full 14 days.

Or, if your test results are **negative and you are not in quarantine**, no further action is needed. If you are sick with an illness other than COVID-19, stay home until symptoms improve.

**For more information about COVID-19:** [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)