

## Waiting for test results for COVID-19?

Today you gave a specimen that will be tested for COVID-19. It may take a few days for the results back. Your medical provider will notify you of your test result. The Health Department may reach out first with recommendations or to ask questions about your close contacts.

### Things to do while you wait:

- If you are experiencing symptoms, or if you are in [quarantine](#) due to travel or close contact with someone confirmed to have COVID-19:
  - Stay at home. Do not go to school, work or any other public place. Separate yourself from people and pets in your home, as much as possible.
- If you need to see a health care provider, call them first and tell them that you were tested for COVID-19 and are waiting for results.
- Continue taking preventive steps:
  - Wear a mask if you cannot avoid close contact with other people and pets.
  - Wash your hands often for at least 20 seconds. Use an alcohol-based hand sanitizer, if soap and water aren't available.
  - Cover your coughs and sneezes with your sleeve or a tissue, then throw the tissue in the trash.
  - Avoid touching your eyes, nose and mouth.
  - Routinely clean and disinfect frequently touched surfaces and objects.

### If test results are negative, and

- **you are in quarantine** due to travel or close contact with a person with COVID-19, and
  - **you were tested on day 7** of quarantine or after, and you don't have any symptoms, you may end quarantine. Or,
  - **you were tested before day 7**, remain in quarantine for the remainder of the 14 days. However, if you don't have any symptoms, you can call your provider to arrange for testing on or after day 7.

OR

- **you are not in quarantine:**
  - continue taking preventive actions like wearing a mask, hand washing and social distancing.
  - if you are sick with an illness other than COVID-19, stay home until symptoms end.

### If test results are positive,

- your health care provider will talk with you about your care and treatment of any symptoms.
- the Health Department will contact you and let you know when you can resume regular activities. They will also talk to you about your close contacts.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)