

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 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.

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