

# YOU ARE BEING TESTED FOR COVID-19, NOW WHAT?

You are being tested for COVID-19 today. This is part of a project to flatten the curve, slow the spread of COVID-19 in North Dakota and help us better understand more about the distribution of the virus.

## YOU HAVE BEEN TESTED AND ARE WAITING FOR YOUR TEST RESULT

If you have symptoms, you need to isolate at home away from others. Symptoms of COVID-19 include fever, cough, shortness of breath, fatigue, sore throat, runny nose/congestion, headache, chills, muscle/body aches, and loss of taste/smell.

If you are not a close contact and don't have symptoms and are being tested COVID-19, you need to practice physical distancing. **Physical distancing** means remaining out of congregate settings, avoiding public places, mass gatherings, and maintaining distance (approximately 6 feet) from others when possible. You may still attend work but should wear a mask and monitor yourself for symptoms. Isolate yourself immediately if symptoms develop.

If you have been identified by public health as a close contact to someone who tested positive for COVID-19, you need to remain in quarantine and stay home for 14 days from the last time you were exposed. If you test negative, your quarantine should continue for the full 14 days. If you test positive, you will need to stay home for 10 days from your symptom onset or from the date of the test, if you are asymptomatic.

## RESULTS ARE IN....

If your test results indicate that you **DO** have COVID-19, you need to stay home and isolate yourself from others. Someone from public health will be contacting you soon to discuss your results and provide guidance. You will need to stay home until:

- You are fever-free, without using fever-reducing medications for at least 24 hours (1 day) **AND**
- Your other symptoms (cough, sore throat, body aches, headache, etc.) have improved **AND**
- It has been at least **10** days from the onset of your illness or if asymptomatic, it has been **10** days since the collection date of your test.

If your test results indicate that you **DO NOT** have COVID-19 and you are NOT a close contact to a case, you should continue to practice physical distancing and limit interactions with others as much as possible. You may attend work, go to the grocery store, or participate in other activities if you are not sick. You should continue to limit non-essential public gatherings or places (i.e., shopping centers, public events) and maintain distance (approximately 6 feet) from others when possible. If you are a close contact, then your quarantine should continue until you complete 14 days.

## I HAVE QUESTIONS, WHO CAN I CONTACT?

Contact your local public health department or the NDDoH. Thank you for participating.