

# COVID-19 AT HOME TESTS

## UNDERSTANDING YOUR TEST RESULTS

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### What if I have a positive result?

You have the virus in your body and can spread it to others, even if you don't have any symptoms. Whether you have been vaccinated or not, you should:

1. Stay at home, except to get medical care. Isolate yourself from others in the household for at least 5 days. After 5 days, you can leave home if you:
  - Have had no fever for at least 24 hours without fever-reducing medicines and have only mild symptoms that are improving, AND
  - Are able to continue to carefully mask around others for 5 more days. If you are unable to wear a mask, continue to isolate for 5 more days.
  - This guidance applies to most people. If you work in certain high-risk settings like health care, you may need to isolate for longer. Ask your employer.
2. Call your healthcare provider as soon as possible. There may be treatment available depending on your age and/or health conditions, and some COVID-19 treatments must be started within 5 days of onset of symptoms. If you don't have a healthcare provider, call 211 for help finding one.
3. Tell your close contacts and household members you have tested positive. Timing matters! They can take steps to reduce the spread of COVID-19 like wearing a mask around others and getting tested. They can find more information on their county public health website or call 211.
  - If you had or have symptoms: Contact the people you were in close contact with beginning 2 days before your symptoms began.
  - If you did not or do not have symptoms: Contact the people you were in close contact with beginning 2 days before you took your COVID-19 test.



### How do I report a positive test result?

If your job includes interaction with the public, you should tell your employer so you can help limit the spread of COVID-19. Otherwise, you do not need to report a positive result from an at-home test to anyone.

If you have questions or need support and want to talk with public health about your positive test result, you can call or email Multnomah County Public Health at 503-988-3406 or [diseasereport@multco.us](mailto:diseasereport@multco.us). They can help you with telling your employer or close contacts, finding resources for staying home, and other questions you may have.

Get more health information or help with isolation and quarantine on the Oregon Health Authority's Positive COVID Test website <https://govstatus.egov.com/or-oha-covid-19-positive-test> or call their Case Support Hotline at 866-917-8881.

## What if I have a negative result?

If you feel sick you should stay home and away from others until your symptoms improve, even if your test is negative.

If you have been in close contact with someone with COVID-19, you were exposed to the virus and could still get others sick. Unless you live or work in some high-risk settings, like healthcare or certain group living facilities, you do not need to quarantine.

- Watch yourself for symptoms for 10 days since your last exposure. Consider where you will be and who you will be around. You can continue to protect people at high risk for severe COVID-19 by limiting your in-person contact or wearing a mask around them for those 10 days.
- If you took a home test, you may seek another COVID-19 test through your regular healthcare provider or take another home test 1-2 days later.

### Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Call 911 if you have these severe symptoms:

- Difficulty breathing
- Pain or pressure in the chest or belly
- Unable to drink or keep liquids down
- New confusion or inability to wake up
- Greyish or bluish lips or face

