

# THANKS | FOR GETTING TESTED

1025-2021 ENGLISH

You're being tested today for the coronavirus that causes COVID-19. There are so many new cases of COVID-19 that the public health team may not be able to call you if you test positive. The instructions below tell you what to do next.

## While you wait to get your test results

### Stay home and away from other people - starting today.

- Assume you have the virus and can spread it to others.
- Make sure we have your correct address and phone number so that we can reach you with important information.

### Make a list of all the people that you have been in close contact with recently.

- **Close contact** means spending 15 minutes or more within 6 feet of someone over the course of a day, with or without masks.
- **If you do not have any symptoms**, list all the people you were in close contact with starting two days before the day you were tested.
- **If you do have symptoms**, list all the people you were in close contact with starting two days before your symptoms began.

## If your test result is positive

### You have the virus in your body and can spread it to others. You should:

1. **Isolate at home.** Stay home and stay away from others, even those in your own household.
  - **If you're sick**, isolate for 10 days from the time your symptoms started AND make sure your fever is gone for 24 hours, without the help of medicine, before being around others.
  - **If you don't have symptoms**, isolate for 10 days from today (the day you were tested).
2. **Call, text or email your close contacts right away. Timing matters!** Let each person on your list know you tested positive for COVID-19. If you can reach your friends and family within 4 days of their being around you, you can keep the next person from getting sick with COVID-19.
  - **For your contacts who are not fully vaccinated** (are unvaccinated or it has not been two weeks since their final vaccine dose) **tell them to:**
    1. **Get tested**, ideally 5-7 days after the last time you were together. They can talk to their doctors about getting a test, call 211 if they don't have a doctor, or get tested at a community test site. **AND**
    2. **Stay home, away from others. Your contacts should plan to quarantine at home** for 10 days and monitor themselves for symptoms for 14 days since you were last together. **If they live in a group living setting** -- like a long-term care facility or group home -- they must quarantine for 14 days whether they are vaccinated or not.
  - **For your contacts who are fully vaccinated**, they don't need to quarantine, but they should watch themselves for symptoms for 14 days, get tested 5-7 days after their exposure or if they have any symptoms, and wear masks in public places.
3. **Check in with your healthcare provider right away to talk about treatment.** Some treatments must be taken early in your illness or shortly after you are exposed.

**Take the call if the public health team calls you.** Tell your close contacts to answer the public health call as well.

## If your test result is negative

Continue everyday measures to protect yourself and others. Follow any instructions from your healthcare provider.

If you have been in close contact with someone with COVID-19, **you were exposed to the virus.**

- **If you are *not* fully vaccinated** you must quarantine for at least 10 days after close contact and monitor yourself for symptoms for 14 days.
- **If you are fully vaccinated** (it has been at least two weeks since your final dose), you do not have to quarantine. Monitor yourself for 14 days. If you develop symptoms, isolate and get tested again.
- If you are a patient in the hospital or live in a medical facility -- like a long-term care facility -- **you must quarantine for 14 days** whether you are vaccinated or not.

## If you are sick now or become sick

- **Take care of yourself.** Get rest and drink lots of fluids. Call your doctor or clinic to see if you can take any medicines to help you feel better.
- **Stay in touch with your doctor.** There may be treatment available. Call your doctor or clinic right away. If you don't have a doctor, call 211. They can help you find care even if you don't have health insurance. Interpreters are available.
- **Call 911 or go to your local emergency room if you experience 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
  - » Bluish lips or face

## Resources and More Information

Help with resources is available. Call 2-1-1, text your zip code to 898211 (TXT211), or email [help@211info.org](mailto:help@211info.org) for information about:

- Food
- Rent and utilities assistance
- Childcare
- Connecting with community-based organizations
- Other resource

Interpreters are available.

Hold your smartphone's camera over this QR code for more info about what to do if you test positive, how to isolate or quarantine and how to get support to stay home. Visit: [multco.us/covid-19](https://multco.us/covid-19) for general information about COVID.

