

THANKS | FOR GETTING TESTED

040122 ENGLISH

The instructions below tell you what to do after you take a COVID-19 test. These apply for a test you take at home or a test you take at a testing site, hospital or doctor's office (rapid or PCR tests).

If you are waiting for test results

If you are taking the test because you're feeling sick and you have to wait a few days for your test results, stay home and away from other people **starting today**. Assume you have the virus and can spread it to others.

If you are taking a test for screening purposes (such as before scheduled surgery or before travel) or because you were exposed and you **do not** have symptoms, you do not have to isolate at home away from others.

If your test result is positive

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.

If your test result is negative

If you feel sick you should stay home and away from others until your symptoms improve (and it has been at least 24 hours since you had a fever without taking fever-reducing medicine), even if your test is negative.

Unless you live or work in [some high-risk settings](#), like healthcare or certain group living facilities, you do not need to quarantine.

If you have been in **close contact** with someone with COVID-19, you were exposed to the virus and could still get others sick.

- 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.

If you are sick now or become sick

- **Take care of yourself and follow guidelines for a positive test (above):** Isolate away from others, call your doctor or clinic, and tell your close contacts. Get rest and drink lots of fluids.

More Information

If you have questions, need help finding a doctor or clinic, or are looking for resources:

Visit Oregon Health Authority's Positive COVID Test website [Did you test positive for COVID-19?](#) or call their Case Support Hotline at 866-917-8881.

You can also call 2-1-1, text your zip code to 898211 (TXT211), or email help@211info.org. Interpreters are available.

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
- Bluish lips or face



Hold your smartphone's camera over this QR code for more info about what to do if you test positive, taking care of yourself or someone else with COVID-19, and how to get support to stay home.

