

What to Expect From Your COVID-19 Test at Multnomah County

Staff wearing protective gear will swab your nose. The swab goes in quite far, so you will probably feel some brief discomfort. If your child is getting tested, you may be asked to help hold them. We encourage you to get tested first to show them it will be okay.

Getting your COVID-19 Test Results

Please stay home and limit contact with others until you get your test results. Multnomah County Health Department will contact you with your test results. Follow their instructions for what to do next.

- You have a legal right to your medical records. You can call your provider or the location where you were tested to ask for your test results to be mailed to you.

If you test positive for COVID-19

If your test is positive, we will assume you have a COVID-19 infection now and are contagious to other people. You'll get a call from a public health worker who will give you information about what your test results mean, and how to protect yourself as well as your family, friends and co-workers until you are not contagious anymore. The health worker can also help you find the support you need to isolate yourself. They can connect you to organizations that can help with resources and services you may need, like groceries, financial support, help with rent, or other essential items.

Here is what to expect:

- To protect your privacy, the health worker will ask you to confirm your name and birth date.
- They will ask you about the people you have been in close contact with in the recent days.
- They will **never** ask you to provide other personal information (Social Security number, documentation status, or financial information).

If you test negative

Please continue to practice everyday actions to protect yourself and others:

- Wash your hands often with soap and water, or use hand sanitizer.
- Keep six feet away from others when out in public.
- Wear a face covering (if you can) when out in public.

If you have been near someone with COVID illness recently, you may need to stay home away from others. A negative test result does not end the quarantine period early.

If you have been asked by public health to stay home in quarantine, please do so until the day they told you the quarantine period ends.