COVID-19 Patient Instructions After Testing (Nasal Swab)

WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

For those who had symptoms when tested:
- Self-isolate in your home. If you live with others, self-isolate in a private room and use a private bathroom, if possible. Interact with others as little as possible.
- Wear a mask when you enter general living areas.
- Whoever else lives in your home should also stay at home.

For those who were tested without symptoms:
- If you **know you were exposed** to a confirmed case of COVID-19, quarantine until 14 days after you were last exposed, **regardless of the test result**. If you live with others, self-quarantine in a private room and use a private bathroom, if possible.
- Interact with others as little as possible.
- Continue to stay at least 6 feet away from others, wash hands frequently, and wear a face covering while in public or when unable to social distance in the home.
- If you develop symptoms, notify your health care provider immediately for further instructions.

WHAT SHOULD I DO IF I TEST POSITIVE?
- Notify your close contacts and let them know they should self-quarantine at home for 14 days since their last contact with you. This includes your family members and anyone who lives with you.
- Self-isolate in your home until each of the following conditions are met:
    1. It has been at least ten days since your symptoms first appeared **AND**
    2. It has been at least 24 hours since you have not had a fever (without using fever-reducing medications) and your symptoms are improving (e.g., cough, shortness of breath).
- Continue to self-monitor for symptoms for fourteen days since you last had symptoms.
- If your symptoms get worse or if you require hospitalization, notify your health care provider immediately and follow instructions about wearing a mask when you arrive at the facility.

WHAT DO I DO IF MY TEST IS NEGATIVE?
- If your test is negative and you had **a known exposure** to a confirmed case, or were otherwise instructed to quarantine, you must still quarantine until 14 days after your exposure.
- If your test is negative and you had **no known exposure** to a confirmed case and you **do not have symptoms**, you can stop self-quarantine but continue to social distance and wear face coverings where appropriate. A negative test does NOT mean you can't become infected with COVID-19 in the future, and you should continue to use preventive measures (face coverings, hand washing and social distancing).
- If your test is negative and you had **no known exposure** to a confirmed case, but you are **symptomatic**, you may have another respiratory pathogen that is circulating in the community. Avoid work and group settings until 24 hours after you have not had a fever (without using fever-reducing medications) and your symptoms are improving.

HOW DO I GET MY RESULTS?
- Your test results will be sent to you by the hospital system, practitioner, or laboratory that performed your testing.
- You may also be able to access your own results when they become available through Health Check Connect, powered by Delaware Health Information Network (DHIN). Enroll at https://mydhinphr.com.
    - *Not all laboratories or practitioners transmit results to DHIN—contact your provider with any questions.*

RESOURCES FOR MORE INFORMATION
- For more information, visit DE.gov/Coronavirus.

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- Help is available. Contact Delaware 211 by calling 2-1-1 or text your zip code to 898-211.