



COVID-19 Patient Instructions After Saliva-Based Testing

WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

- Continue to practice social distancing, wash hands frequently, and wear a face covering while in public or when unable to social distance.
- If you develop symptoms, if your symptoms get worse or if you develop additional symptoms, notify your healthcare provider immediately for further instructions.
- You will receive an email and/or text message with your results in about 3 days. Please be sure to check your SPAM folder.
- If 5 days have passed and you have not received your results:
 - If you were tested in New Castle County, call 302-395-3450. Be sure to have your appointment number available.
 - If you were tested in Kent or Sussex County, email DPHCall@delaware.gov or call 1-866-408-1899. Be sure to have your appointment number available.
 - Please do NOT call or email if it has not been 5 days since your test.
- Your results will also be accessible via Health Check Connect, a free tool that provides Delawareans with web-based access to their medical information. You can sign up for access at <http://dhn.org/hcc>. It may take several additional days for results to become available in Health Check Connect.

WHAT SHOULD I DO IF I TEST POSITIVE?

- A representative from the Delaware Division of Public Health will call to discuss your positive results with you, ask questions about your symptoms and ask about anyone you have been in close contact with (within 6 ft for 10 minutes or more) over the last 14 days.
- Notify your close contacts and let them know they should self-isolate at home for 14 days since their last contact with you. This includes your family members and anyone who lives with you.
- If you had **no symptoms** prior to testing, and do not develop them after testing, you are asked to self-isolate in your home for **10 days**.
- If you had **symptoms** prior to testing, 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).
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive to the facility. Do not hesitate to call 9-1-1 if you believe you are experiencing an emergency.

WHAT DO I DO IF MY TEST IS NEGATIVE?

- If your test is negative and you had **a known exposure** to a confirmed case, quarantine until 14 days after your exposure, *regardless of test result*.
- If your test is negative and you had **no known exposure** to a confirmed case and you are **asymptomatic** (do not have symptoms), you can stop self-quarantine. Continue to practice social distancing from others.
- If your test is negative and you had **no known exposure** to a confirmed case, but you are **symptomatic**, you may have another respiratory infection 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.

RESOURCES FOR MORE INFORMATION

- For more information, visit [DE.gov/Coronavirus](https://de.gov/coronavirus).
- For information on the differences and requirements of Quarantine vs. Isolation, click [here for English](#), click [here for Español](#), and click [here for Haitian-Creole](#).
- Help is available. Contact [Delaware 211](#) by calling 2-1-1 or text your zip code to 898-211.