



## COVID-19 Patient Instructions After Testing

### WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

#### For those with symptoms:

- 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.
- Make a list of close contacts from two days before you became sick until you self-isolated. Close contacts are those who have been within 6 feet of you for 15 minutes or more.
- If you develop additional symptoms or if your symptoms get worse, notify your health care provider immediately for further instructions.

#### For those who were tested without symptoms:

- If you had a **known exposure** to a confirmed case, quarantine until 14 days after your exposure, **regardless of 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 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 to 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 should 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 are **asymptomatic** (do not have symptoms), you can stop self-quarantine. Continue to practice social distancing and wear face coverings where appropriate. A negative test does not protect against future infection, and does not obviate preventive measures.



- 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?

- If you provided an email address, you will receive an email from LabWare within 3-5 days with instructions on how to access your test results.
- You can also access your own results as soon as they become available through Health Check Connect, powered by Delaware Health Information Network (DHIN). Enroll at <https://mydhinphr.com> and follow the instructions you were given at the test site.
  - *Please use this option if you need a printed copy of your test results.*
  - Your regular care provider may also be able to access test results through DHIN.
  - You will **NOT** be able to access results for minors through DHIN.
- If you do not receive your results within 5 days, call the Division of Public Health (DPH) at 1-866-408-1899 or email [DPHCall@delaware.gov](mailto:DPHCall@delaware.gov). Include your birth date, test date, and the location your test was taken whenever you contact DPH.
- Please DO NOT call prior to 5 days—your results will not be available prior to 5 days following your test date.
- **DO NOT CALL THE PHARMACY FOR YOUR TEST RESULTS. PHARMACY STAFF WILL NOT HAVE ANY FURTHER INFORMATION FOR YOU. THE DIVISION OF PUBLIC HEALTH IS SOLELY RESPONSIBLE FOR TEST PROCESSING AND RESULTS HANDLING FOR STATE-SPONSORED WALGREENS TESTING SITES.**

#### RESOURCES FOR MORE INFORMATION

- For more information, visit [DE.gov/Coronavirus](https://DE.gov/Coronavirus).
- Help is available. Contact [Delaware 211](https://www.delaware.gov/211) by calling 2-1-1 or text your zip code to 898-211.