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.
  o 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.