WAITING FOR YOUR TEST RESULTS? HERE'S WHAT YOU SHOULD DO.

IF YOU ARE SICK:

- Stay home and away from others, including pets.
  - » Stay by yourself in a private room. Use a private bathroom, if possible.
  - » Everyone who lives in your household should also stay home.
- Make a list of the people you have recently been around and be prepared to share that list with a contact tracer, who will contact you within four days if you test positive for COVID-19.
- Do not go to a hospital unless you have a medical emergency.
- If your symptoms get worse, contact your health care provider immediately to learn what you should do.

IF YOU ARE NOT SICK BUT WERE AROUND SOMEONE WHO TESTED POSITIVE FOR COVID-19:

- Stay home for 14 days and away from others, including pets, even if you don't have symptoms and you test negative.
  - » Stay by yourself in a private room. Use a private bathroom, if possible.
  - » Stay at least 6 feet away from others, wash hands often, and wear a face covering when you are around others who live with you.
  - » Stay away from people who are at high risk of getting very sick with COVID-19.
- Monitor your health. Check your temperature at least twice a day and watch for symptoms, including a fever over 100.4, coughing or shortness of breath, a sore throat, muscle aches, fatigue, chills, shaking with chills, and loss of smell or taste.
- If you develop symptoms, contact your health care provider immediately to find out what you should do.
- If you don't develop symptoms, continue to stay at home for the full 14 days — you might make others sick.

IF YOU ARE NOT SICK AND WEREN'T AROUND ANYONE WHO HAS COVID-19:

YOU MIGHT STILL DEVELOP SYMPTOMS, SO BE SURE TO SELF-MONITOR FOR ANY CHANGES IN YOUR HEALTH.

HOW TO GET YOUR TEST RESULTS:

YOU CAN ACCESS YOUR TEST RESULTS:

- By email, phone or text message within three to five business days, if you provided an email address and phone number when you were tested.
- Through HealthCheck Connect (for results other than those for minors), powered by Delaware Health Information Network (DHIN). Enroll at mydhinphr.com and follow the instructions you were given at the test site. Use this option if you want a printed copy of your results.

TAKE THESE STEPS IF YOU DO NOT RECEIVE YOUR RESULTS WITHIN FIVE BUSINESS DAYS:

- » If you were tested at a Curative community testing site email support@curative.com or call 888-702-9042.
- » If you were tested at Walgreens or a public health clinic, call DPH at 1-866-408-1899 or email DPHCall@delaware.gov. Include your birth date, test date, and the location your test was taken whenever you contact DPH. Email results from Walgreens or a DPH clinic come from PDSLdonotreply@labware.com.

DO NOT CALL UNTIL FIVE BUSINESS DAYS AFTER YOUR TEST.

DO NOT CALL THE PHARMACY OR THE STATE SERVICE CENTER FOR YOUR TEST RESULTS. THEY WILL NOT HAVE ANY ADDITIONAL INFORMATION FOR YOU.

de.gov/coronavirus

IF YOU TEST POSITIVE:

- Stay home and away from others, including pets.
  - » Stay by yourself in a private room. Use a private bathroom, if possible.
  - » Everyone who lives in your household should also stay home.
- Make a list of the people you have recently been around and be prepared to share that list with a contact tracer, who will contact you within four days.
- Do not go to a hospital unless you have a medical emergency.
- If you are not sick, watch for symptoms, including a fever over 100.4, coughing or shortness of breath, a sore throat, muscle aches, fatigue, chills, shaking with chills, and loss of smell or taste.
- If you do develop symptoms, you should stay watchful for them for 14 days after they stop, to make sure they don't reappear.
- If symptoms get worse, contact your health care provider to find out what you should do. If you need urgent care, call 9-1-1 and let the dispatcher know your location and that you are in self-isolation due to COVID-19.

IF YOU TEST NEGATIVE:

- If you know you were around someone who tested positive for COVID-19:
  - » You should still stay at home for 14 days after you were exposed.
  - » Testing negative does not mean you will not get sick later.
  - » You may not have been infected at the time your sample was collected, or it is possible it was very early in your infection and you could test positive later.
- If you were not around anyone who tested positive for COVID-19, and you do not have symptoms, you do not have to self-isolate and stay away from others. But you should still continue to wear a face covering, wash hands frequently, and practice social distancing.
- If you are sick and tested negative, you may have another respiratory infection. Avoid group settings until 24 hours after your fever has broken (without using medicines to reduce fever) and your symptoms are improving.

PROTECT YOURSELF — REDUCE THE SPREAD

Get tested with or without symptoms

Wear a face covering in public

Maintain social distancing

6 FEET APART

Practice good hand hygiene

Cough or sneeze into your elbow

Stay home if you're sick

Clean frequently used surfaces often

Symptoms: fever, cough, shortness of breath, sore throat, muscle aches, fatigue, chills, shaking with chills, loss of smell or taste

QUESTIONS ABOUT COVID-19?

Visit de.gov/coronavirus or call Delaware 2-1-1 or 1-800-560-3372. Individuals who are deaf or hard of hearing can text their ZIP code to 898-211.

HELP IS AVAILABLE.

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Contact Delaware 2-1-1 by calling 2-1-1 or texting your ZIP code to 898-211.

de.gov/coronavirus