Coronavirus Disease 2019

Ohio | **Department of Health**

COVID-19 Testing
Waiting for and Receiving COVID-19 Test Results

What to do while waiting for COVID-19 test results

For individuals who are asymptomatic and have no known or suspected exposure to SARS-CoV-2 (the virus that causes COVID-19):

- Continue to follow general public health recommendations to reduce the risk for spread of COVID-19 such as:
  - Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol.
  - Avoid touching your face, eyes, nose, or mouth with unwashed hands.
  - Maintain social distancing of at least 6 feet when around others.
  - Cover your mouth and nose with a face covering when around others.
  - Cover your coughs and sneezes.
  - Clean and disinfect frequently touched surfaces in your home daily.
  - Monitor your health daily and contact your primary care physician if you start to feel ill.
  - Quarantine is not recommended at this time.

For individuals who are asymptomatic and have a known or suspected exposure to SARS-CoV-2 (the virus that causes COVID-19):

- Stay home and away from others for 14 days, starting from the last day you were possibly exposed to a person with COVID-19.
- Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Check your temperature two times daily and if you begin to show signs or symptom consistent with COVID-19 while awaiting results, notify your local health department and follow care instructions from your doctor or other healthcare provider.

For individuals with signs or symptoms consistent with COVID-19:

- Stay home and away from others.
- Follow instructions from your healthcare provider and local health department and notify your healthcare provider of any other symptoms that are severe or concerning to you.
- Monitor symptoms and seek emergency medical care immediately if you show the following signs:
  - Trouble breathing.
  - Persistent pain or pressure in the chest.
  - New confusion.

- o Inability to wake or stay awake.
- o Bluish lips or face.
- Seek further evaluation from a healthcare provider via telemedicine or in-person if your symptoms get worse. Call ahead before visiting your doctor and tell them you have been tested for COVID-19.

How long will it take to receive test results?

Time frames for testing results may vary. Results typically are received within 48 hours to one week. Many times, your doctor will receive the test results and communicate them back to you. If your result is positive (meaning you have COVID-19), it will be reported to the state and local health departments.

Getting your test results

It can take several days for test results to come back. The clinic that did your testing or your local health department (LHD) will get the results to you.

For individuals who test positive

If you have symptoms:
- Isolate until all three of these things are true: 1) it has been 10 days since you first felt sick, 2) you have had no fever for at least 24 hours without using medicine that lowers fever, and 3) your symptoms are better,.
- If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen) or you have a weakened immune system due to a health condition or medication, you might need to stay home and isolate longer than 10 days. Talk to your healthcare provider for more information.
- Drink plenty of fluids and eat when you can. You may take medicine for pain or fever if you need to. Rest as much as you can.

If you do not have symptoms:
- Stay home for 10 days after the date you were tested.
- If you develop symptoms during those 10 days, stay home until all three of these things are true:1) it has been 10 days since you first felt sick, 2) you have had no fever for at least 24 hours without using medicine that lowers fever, and 3) your symptoms are better.
- If you have a weakened immune system due to a health condition or medication, you might need to stay home and isolate longer than 10 days. Talk to your healthcare provider for more information.

For individuals who test negative

- Remember to wash your hands often, avoid touching your face, stay 6 feet from people you do not live with, and wear a cloth facemask when you go out in public.
- If you are a close contact of a confirmed or suspected case, continue to stay home and away from others until 14 days after your last exposure.
- A negative COVID-19 test at one point in time does not mean you will stay negative. You could

become ill with COVID-19 and/or test positive at any time.

- **If you currently have symptoms of COVID-19, you should keep monitoring symptoms and talk to your doctor or other healthcare provider about staying home and if you need to get tested again.**
- If you develop symptoms of COVID-19, stay at home and away from others and talk to your doctor or other healthcare provider about getting tested again.

- In all cases, follow the guidance or your healthcare provider and local health department.

Note: This information is intended for the general public. If you are a healthcare professional or first responder, contact your local health department or employee health services.

Updated Nov. 2, 2020.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

CORONAVIRUS DISEASE 2019

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Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

STAY HOME EXCEPT FOR WORK AND OTHER NEEDS

WEAR A FACE COVERING WHEN GOING OUT
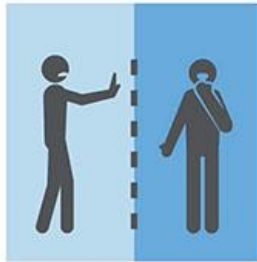
PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS

SHOP AT NON-PEAK HOURS

WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)

AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES

COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING

CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN

DON'T WORK WHEN SICK

CALL BEFORE VISITING YOUR DOCTOR