

What to Do While You Wait for a COVID-19 Test Result



After you get tested



- Stay home and away from others, especially if you have symptoms. Even if you do not have symptoms, it is best to stay home, but if you have to leave, wear a mask and stay 6 feet from others.

- Start making a plan for what you will do if you have a positive test because you will need to stay home for at least 10 days.

- Make a list of people you have been in close contact with recently. Tell them you may have COVID-19 and they should stay away from others until they hear from you.



- If you were tested because you were in contact with someone who has COVID-19 and you do not have symptoms, you should stay home while waiting for your test results and you will need to stay home for 14 days even if your test is negative because you could still become sick.



- It may take several days to get your test results back. You will receive test results by email, text and/or telephone call.



- Monitor your symptoms. If they get worse, contact your health care provider. Tell them you were tested for COVID-19.

- Please continue to monitor your symptoms. If you have shortness of breath affecting your ability to perform basic activity, new chest pain, persistent lightheaded or dizziness, severe atypical headache, or other significant concerns or changes, please call the **Lake Region Healthcare COVID Nurse Line at 218.736.8054 to discuss options.** If you would like to schedule a telehealth visit with a primary care provider please call 218.739.2221 to arrange. You can always visit our COVID – 19 resource page at www.lrhc.org for the most up-to-date information.

If you are isolating awaiting results of a COVID Test, and if you are symptomatic, family members in the same household should be isolating as well.



If your test is positive

- This means you currently have COVID-19.
- Stay home.** A public health worker will call you. It is important that you answer their phone call. They will ask you questions about possible exposures to COVID-19, such as people you have been in direct contact with and places you have visited.
- They will also give you more information about what you should do and how long you should stay home.



If your test is negative

- This means you **do not** currently have COVID-19. However, you could still be exposed or become sick at any time. You should continue to take steps to protect yourself and others from COVID-19.
- If you develop symptoms of COVID-19, talk to your doctor or other health care provider about getting tested again.



More information

Minnesota Department of Health's COVID-19 website
<https://www.health.state.mn.us/diseases/coronavirus/>

Minnesota Helpline 651-297-1304 or 1-800-657-3504
 (Monday through Friday: 9 a.m. to 4 p.m.).

m MINNESOTA

Minnesota Department of Health / health.mn.gov / 651.201.5000

Contact health.communications@state.mn.us to request an alternate format.

IF YOU FEEL YOU HAVE SEVERE LIFE-THREATENING CHANGES PLEASE CALL 911.



Lake Region HEALTHCARE | Prairie Ridge HEALTHCARE | Mill Street RESIDENCE

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10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)