

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

12/16/2020



After you get tested



- Stay home and away from others if:
 - You have symptoms.
 - Someone in your home has COVID-19
 - You've been close to someone with COVID-19.
- If you don't have symptoms and have not been close to someone with COVID-19, you don't need to stay home while you wait for your test results. Wear a mask and stay 6 feet from people who don't live with you. If you start to feel any symptoms, stay home and away 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, stay home and away from others, even if you do not have symptoms. COVID-19 can take up to 14 days to make you sick, and some people never feel sick.
- If you were tested for an upcoming medical procedure and you do not have symptoms, you do not have to stay home while waiting for your test results.



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



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.



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

