

After Your COVID-19 Test

Continue to monitor your health, and take steps to protect yourself and others. Next steps depend on your situation. Seek medical attention if your condition is worsening.



▶ While waiting for your test results:

If a medical professional identified you as a CLOSE CONTACT* of a KNOWN POSITIVE or you were notified recently by a KNOWN POSITIVE that you were a CLOSE CONTACT, follow QUARANTINE procedures and stay home for at least 10 days from the date of your exposure even if you do not have symptoms. Do not get retested during your quarantine period unless instructed to do so by a medical professional. A negative test does not lessen the quarantine time. If you are a health care worker or first responder, please inform your employer.

If you have symptoms, stay home and await test results, except to get medical care. Follow ISOLATION procedures until you receive your results, in case you have been infected.

If you were tested for routine surveillance, work, travel or medical clearance, you can return to normal activity and continue to minimize your interactions with others until you get your results.

*CLOSE CONTACT: being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over 24 hours during infectious period.



▶ After you receive your results:

If you test positive, stay home, follow ISOLATION procedures and call public health at 707-445-6201 for more information.

If you test negative and were identified as a CLOSE CONTACT, follow QUARANTINE procedures. You could still become infected. Do not get retested. It puts health care staff at risk and will not shorten your QUARANTINE time. If symptoms develop, contact your care provider or call the 707-445-6201.

If you test negative and were not identified as a CLOSE CONTACT, you probably were not infected at the time your sample was collected. Continue to follow all COVID-19 safety measures. If symptoms develop, contact your care provider or call Public Health 707-445-6201.



▶ How you will be notified:

Ask the testing site how you will be notified of your results. Not all sites notify if results are negative. If you are not contacted within seven days, call the location where you were tested. If you were tested through Humboldt County Public Health, call the COVID Community Information Line at 707-441-5000.

Continue to practice physical distancing, wear a face covering outside the house and practice proper hygiene, including washing your hands.



▶ Quarantine vs Isolation:

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.

- If you had close contact with a person who has COVID-19:
 - Stay home until 10-14 days after your last contact (14 days is safest to prevent spread of the infection to others)
 - Check your temperature twice a day and watch for symptoms of COVID-19
 - If possible, stay away from people who are at higher risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

- If you are sick and think or know you have COVID-19, stay home until after:
 - At least 10 days since symptoms first appeared and
 - At least 24 hours with no fever without fever-reducing medication and
 - Symptoms have improved.
- If you tested positive for COVID-19 but do not have symptoms, stay home until after:
 - 10 days have passed since your positive test.
- If you live with others:
 - Stay in a specific “sick room” or area
 - Stay away from other people or animals, including pets
 - Use a separate bathroom, if available.

If you have questions, call the COVID Community Information Line at 707-441-5000.

Guidance on how to isolate or quarantine at home can be found at humboldt.gov/blanketorders.